

# 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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## Howard County Local Health Improvement Coalition

### Full Coalition Meeting

April 20, 2023

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## GOAL & AGENDA

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**GOAL:** Present summary of the Howard County Food and Nutrition survey and the Health Disparities project with Community Health Workers in support of the Healthy Beginnings, Healthy Living and Healthy Minds priorities.

**AGENDA:**

- A. Welcome & Introductions
- B. HCLHIC Updates
- C. Howard County Food & Nutrition Survey Data Presentation
- D. Health Disparities Project with Community Health Workers
- 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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## \* WELCOME: NEW HCLHIC CO-CHAIR

- Jeanette T.M. Nazarian, M.D.
- Vice President of Medical Affairs/ Chief Medical Officer, Howard County General Hospital



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## \* YEAR 2 Food Security Funding



### Media Release

FOR IMMEDIATE RELEASE  
February 21, 2023

**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 Receives State Funding to Continue Food Security Initiatives

**Columbia, MD** – The Howard County Local Health Improvement Coalition (LHIC) has received a \$19,400 award from the Maryland Department of Health's Center for Chronic Disease Prevention and Control to implement activities aimed at addressing food security in Howard County identified by an LHIC committee during the first year of the project. The funds are in addition to those received in 2022 to support the establishment of the LHIC food security committee and the development of a work plan to address the needs of the community.

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## \* HCLHIC Updates (1 of 3)

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- Health Literacy Advisory Committee
  - [Healthy Howard Campaign](#)
  - Feedback on collateral materials
  - Collaboration with the Horowitz Center: Maryland Consumer Health Information Hub (New Maryland Law HB1082)
  
- Healthy Minds & Suicide Prevention Coalition
  - Not “Check Box” Training: Real Practices in Resilience for Police
  - Light the Night 5k
  - [Mental Health & Suicide Prevention Programs flyer](#)

## \* HCLHIC Updates (2 of 3)

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- Movement Group
  - [Movement flyer](#) with free and low-cost programs
  - Continued promotion of local movement events
  
- Chronic Disease Prevention & Management Group
  - [Chronic Disease webpage and classes](#) updated
  - Partnership with Claudia Mayer / Tina Broccolino Cancer Resource Center
  - Continued promotion of evidence-based programs and outreach events

## \* Howard County Food Connection Map

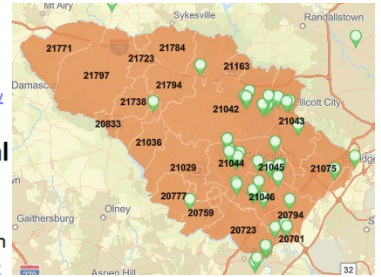


## Media Release

FOR IMMEDIATE RELEASE  
April 4, 2023

**Media Contact:**

Lisa M. de Hernández  
Director of Communications & Public  
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W: 410.313.6353 M: 410.428.7294  
[lidehernandez@howardcountymd.gov](mailto:lidehernandez@howardcountymd.gov)



### Helping Residents to Locate Food Resources, the Howard County Local Health Improvement Coalition Launches an Interactive Food Map

**Columbia, MD** – The Howard County Local Health Improvement Coalition (LHIC) has developed an interactive Food Connection Map to assist residents in locating food resources available throughout the County. The map can be found on the LHIC website here: <https://www.hclhic.org/foodmap>.

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## \* HCLHIC Updates (3 of 3)

- Howard County Food Pantries & Hot Meals Digital and Print Brochure:
  - (All Locations and City-Specific) on <https://www.hclhic.org/healthy/eating>
- Owen Brown Place Spring Plans - Events
  - Pop-Up Food Pantry on April 22, 2023
  - Container Garden Project on May 20, 2023

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**Welcome Spring Planting Party!**

**Free Community Event at Owen Brown Place!**

Plant Your Own Vegetable Container Garden

Saturday, May 20, 2023

2:00PM - 4:00PM

Free Vegetable, Herb and Flower Seedlings

Free Soil and Garden Grow Bag or Box

Free Food Tasting and Planting Demonstration

Free Giveaways & Resources

For more information, contact:  
**Tina Roman** at 410-381-9544 or  
 troman@enterprisesidential.org



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# Howard County Community Food & Nutrition Security Survey

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

**Howard County LHIC**  
Local Health Improvement Coalition

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## OVERVIEW

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- Purpose: To assess food insecurity rates and needs among under-resourced populations in Howard County to inform interventions to reduce food and nutrition insecurity among residents
- Survey Design: The 24-question survey was designed using the two-item Hunger Vital Sign™ screening tool and questions from partners of the Howard County Food Security Committee
- Languages: English, Spanish, French, Mandarin, Korean

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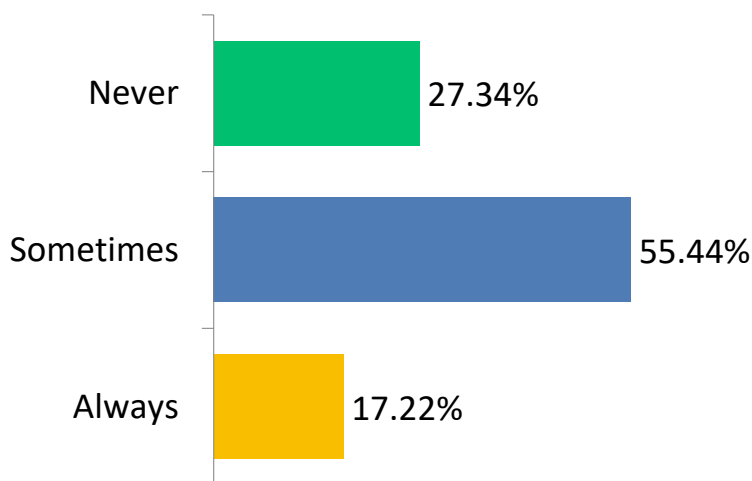
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## \* PROCESS

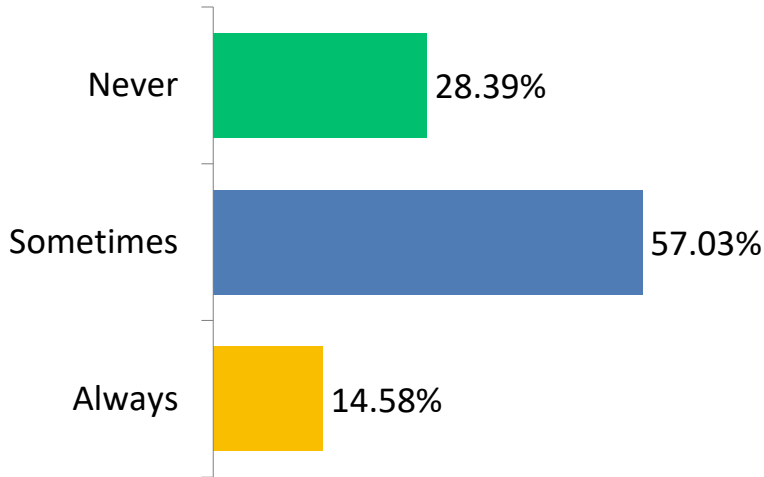
- Timeframe: October 2022 – January 2023
- Partners:
  - Columbia Community Care
  - LindaBen Foundation
  - Early Childhood Centers of Community Action Council of Howard County
  - Women, Infant and Children Program (WIC)
- Respondents: Food pantry users, HeadStart, and WIC families
- Number of Responses: 406

## Q1: Within the past 12 months, how often did you worry whether your food would run out before you got money to buy more?



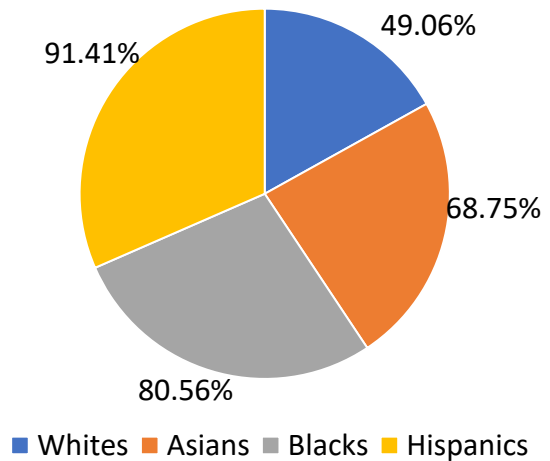


## Q2: Within the past 12 months, how often did the food you bought just didn't last and you didn't have money to get more?



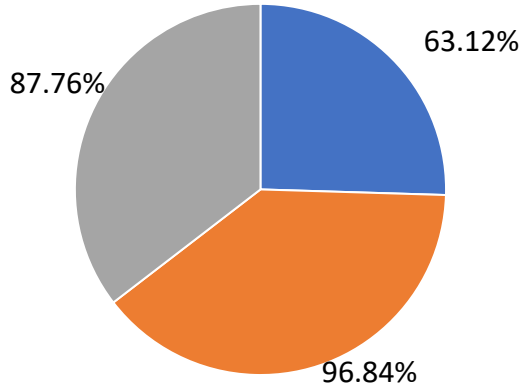
## \* FOOD INSECURITY RATES

- Overall: 78.62%
- By Race/Ethnicity:
  - Whites: 49.06%
  - Asians: 68.75%
  - **Blacks: 80.56%**
  - **Hispanics: 91.41%**



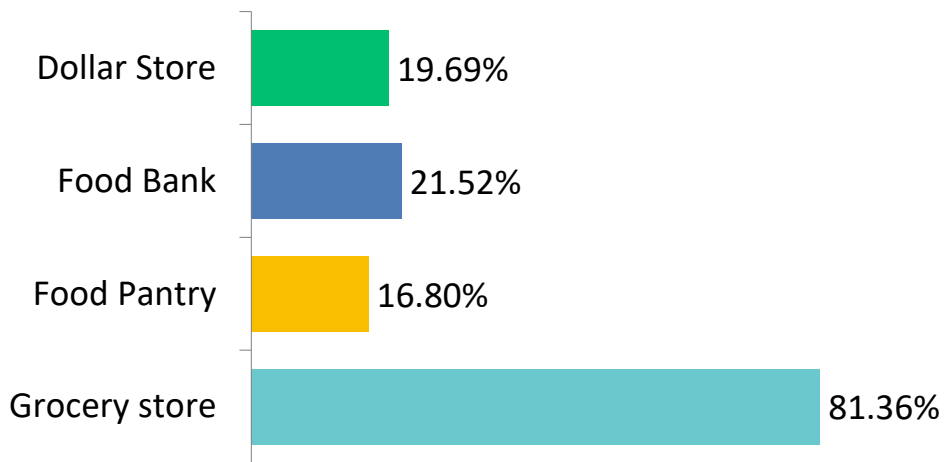
### \* FOOD INSECURITY RATES BY LANGUAGE

- English only: 63.12%
- **Spanish only: 96.84%**
- **Bilingual (Spanish, Korean, Mandarin): 87.76%**

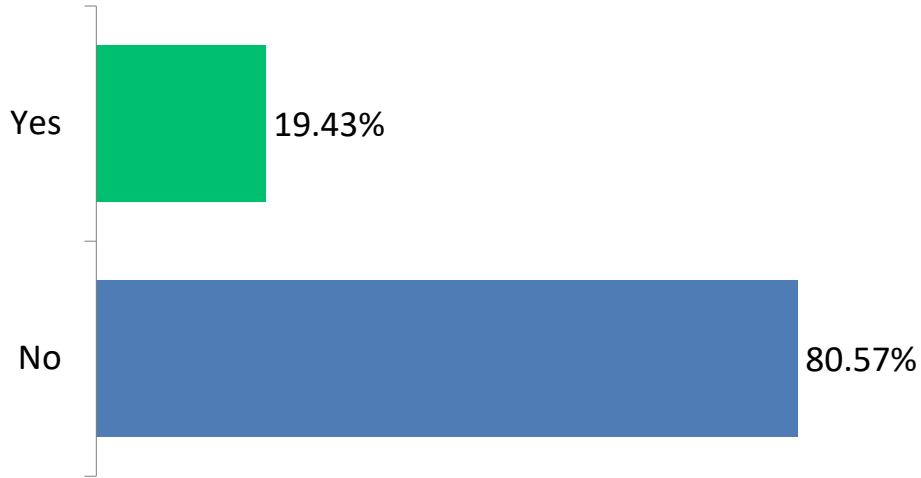


■ English only ■ Spanish only ■ Bilingual

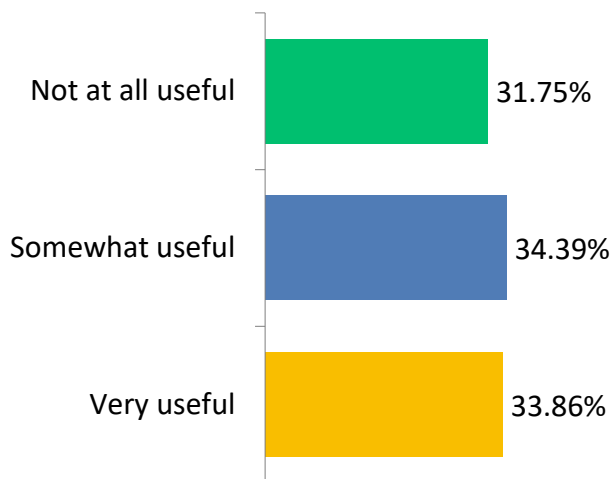
### \* Q3: Where do you typically get your food? Check all that apply.



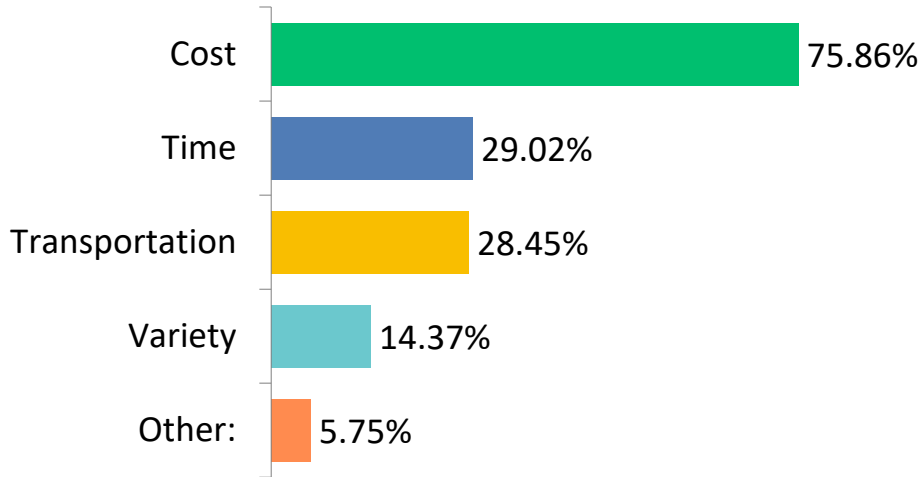
### Q4: Do you use grocery delivery services?



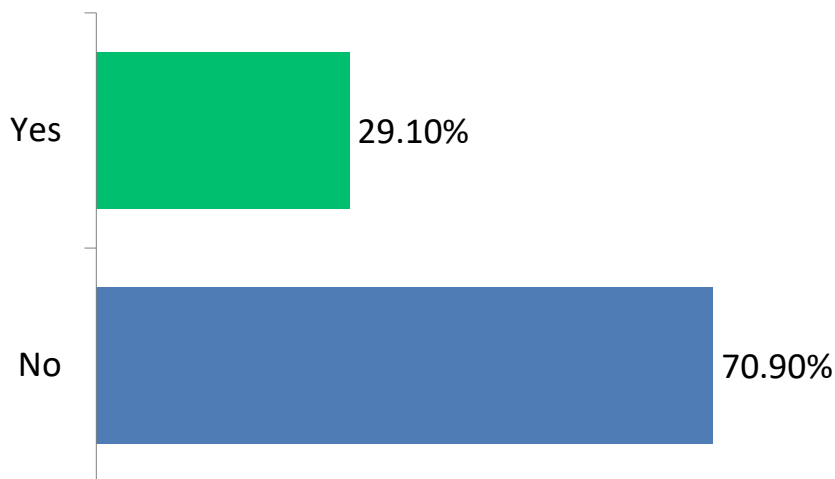
### Q5: If you answered "Yes" to the previous question, how useful are the grocery delivery services?



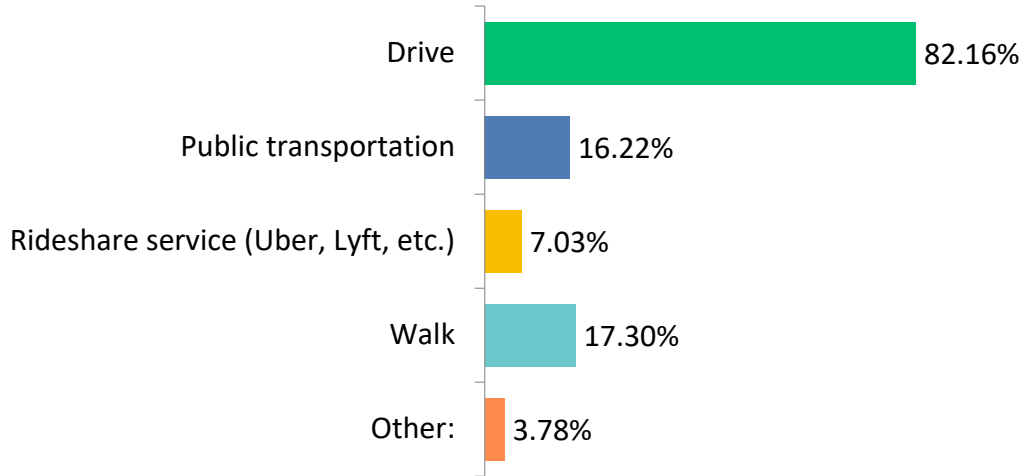
**Q6: Which of the following are barriers to accessing food?  
Check all that apply.**



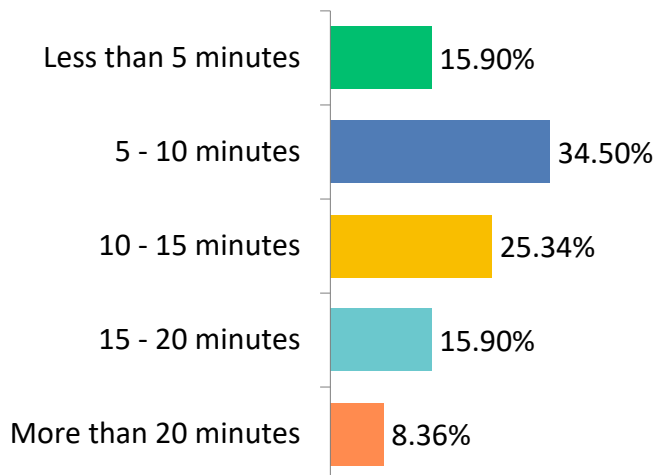
**Q7: Do you know all the places to get free and/or low-cost food  
in your community?**



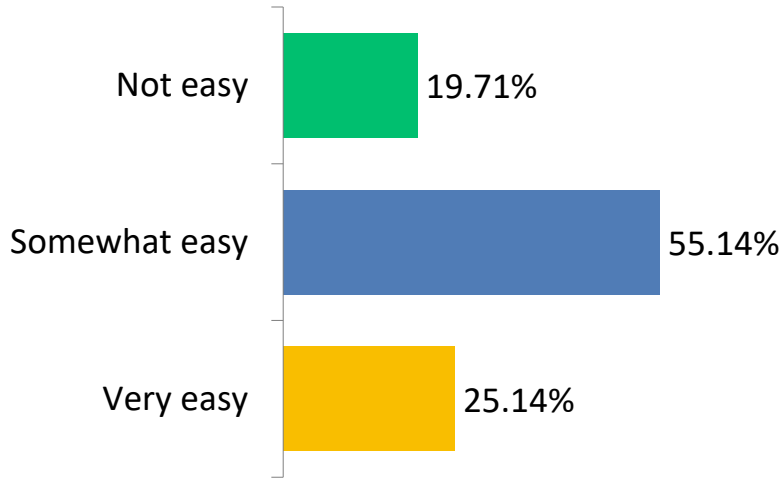
**\* Q8: How do you usually travel to get your food?  
Check all that apply.**



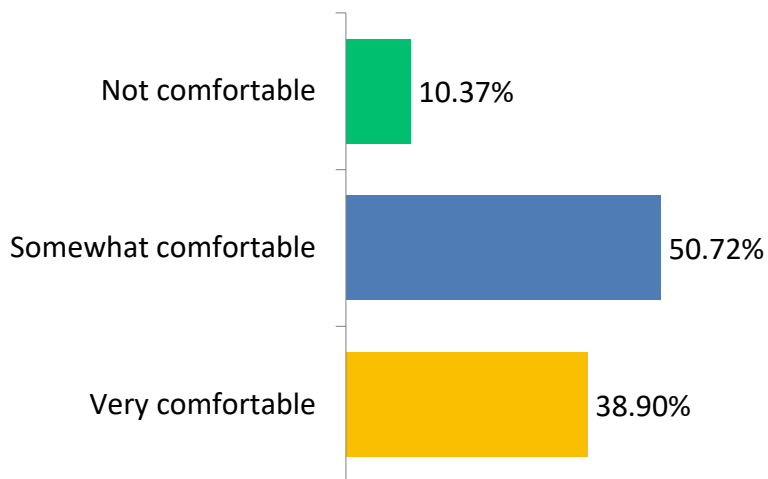
**Q9: Not including restaurants, how long does it typically take to get to your closest food place?**



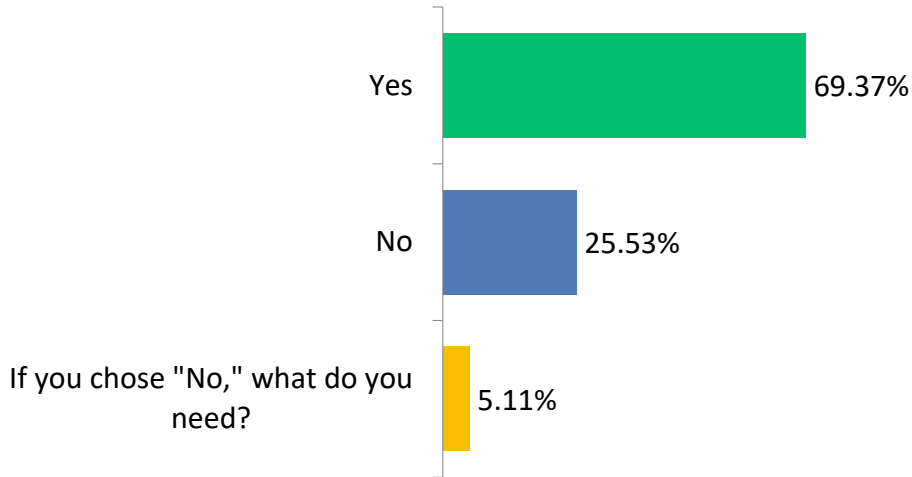
### Q10: How easy is it to prepare healthy meals?



### Q11: How comfortable are you in your ability to prepare healthy meals from the available food items?



## Q12: Do the available food items meet your religious, personal and/or medical needs?

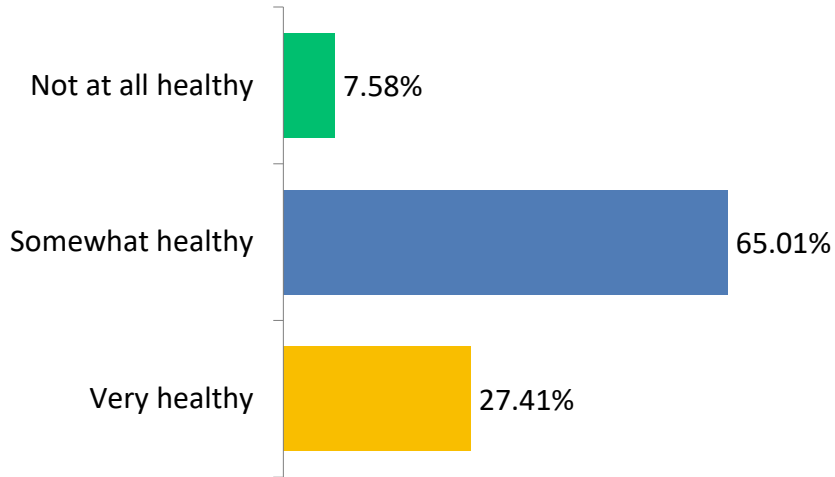


## FOOD NEEDS

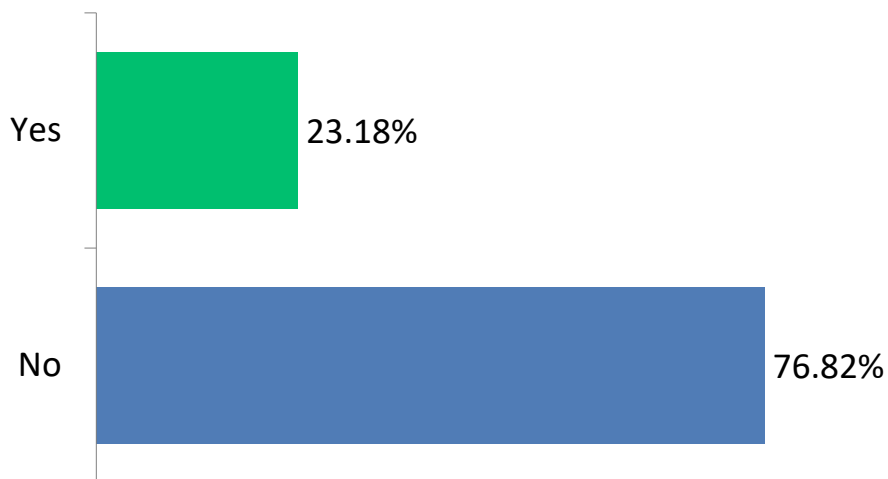
- Kosher; Halal; vegetarian; plant-based meats
- Diabetes support; high cholesterol; Vitamin D deficiency; vitamins
- Gluten-free
- Fruits, greens
- Baby formula
- Detergent

“After making rent and utility payments, we have little money to buy food, so sometimes we can't buy everything we need.” – Translated from Spanish

### Q13: In your opinion, how healthy is the food that you eat?

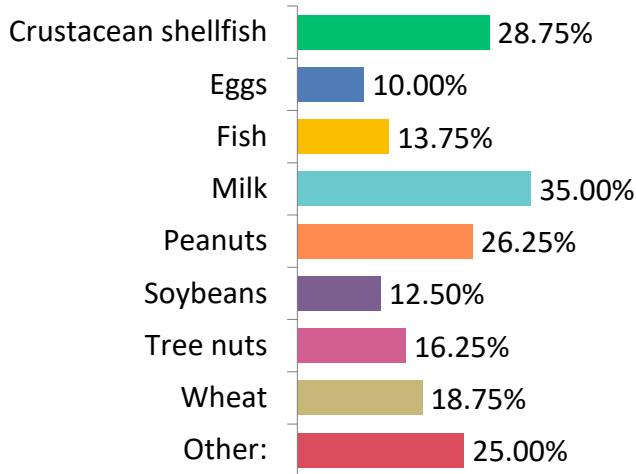


### Q14: Do you or anyone in your household have food allergies?

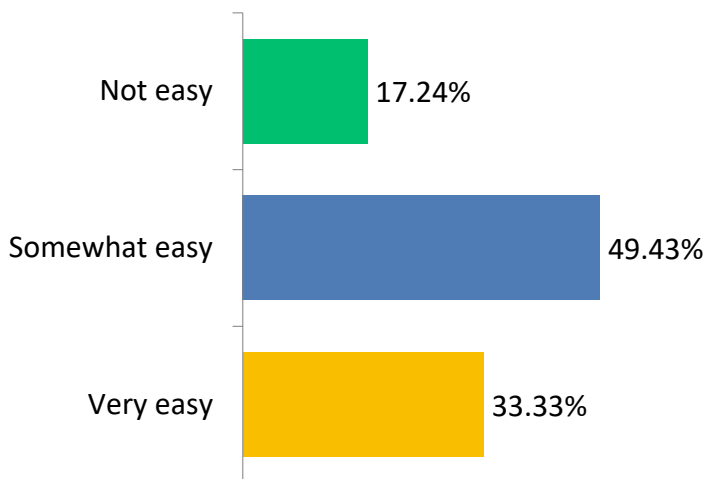




**\* Q15: If you answered "Yes" to the previous question, which food allergy do you or your family members have? Check all that apply.**



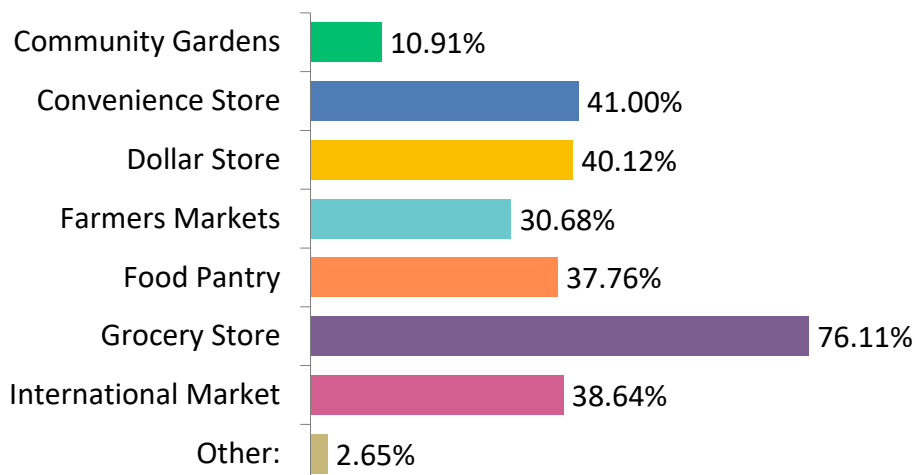
**Q16: How easy is it to get food without the item (s) selected in the previous question?**



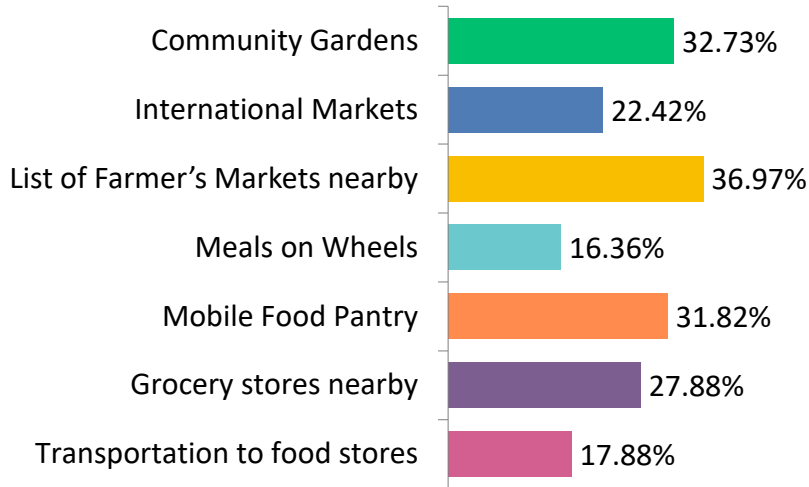
## Q16 Open-Ended Responses

- Items are more expensive and hassle to get
- Many items have canola or soy – hard to get without
- Label says items are gluten-free, but it is enough to make a person sick
- Non-dairy is not always in stock.
- Direct quote from Spanish: “The price is higher in these products so sometimes milk is simply not consumed until it can be bought.”

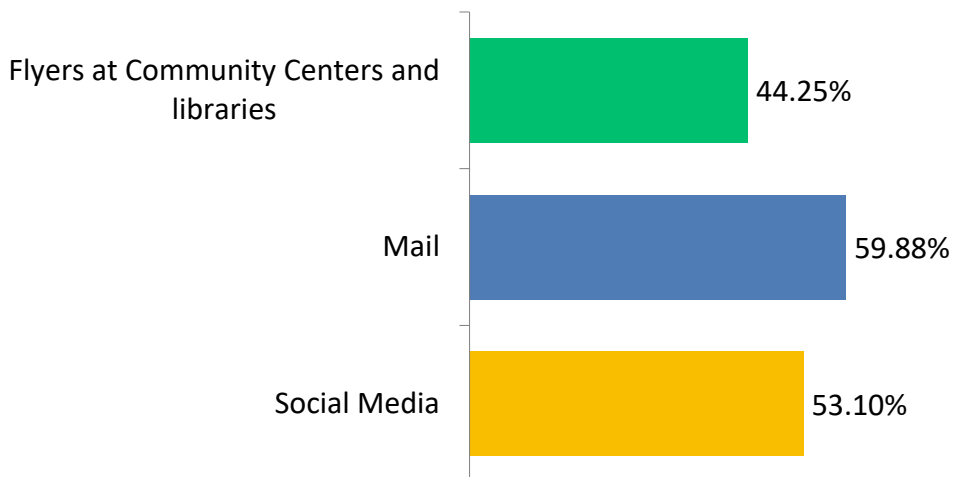
## Q17: What food services are currently available in your community? Check all that apply.



**\* Q18: What is needed in your community to help you access healthy food? Check all that apply.**



**Q19: How can we get information about food services to you? Check all that apply.**



## \* OTHER COMMUNITY NEEDS

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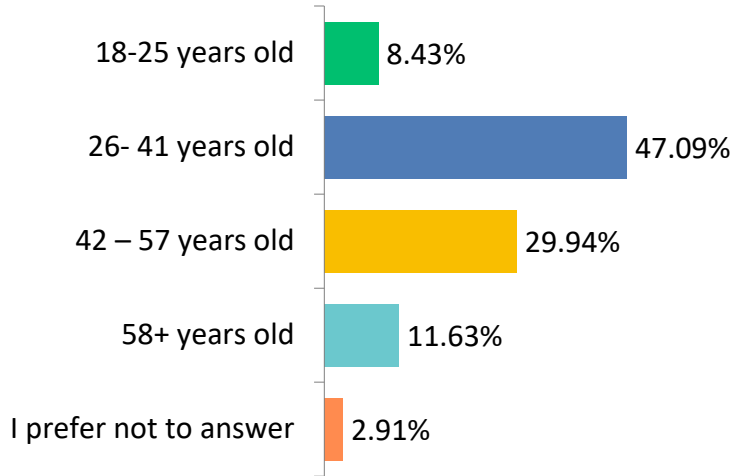
- **Affordable housing/living;** shelters for homeless
- Job training; skills training; youth services; English classes
- Childcare; Head Start
- **Physical activities; free kids places; playgrounds; STEM activities; family centers**
- Transportation; walking access to grocery stores
- Utilities: electricity, water bills
- Single mom support

## \* OTHER NEEDS CONT'D

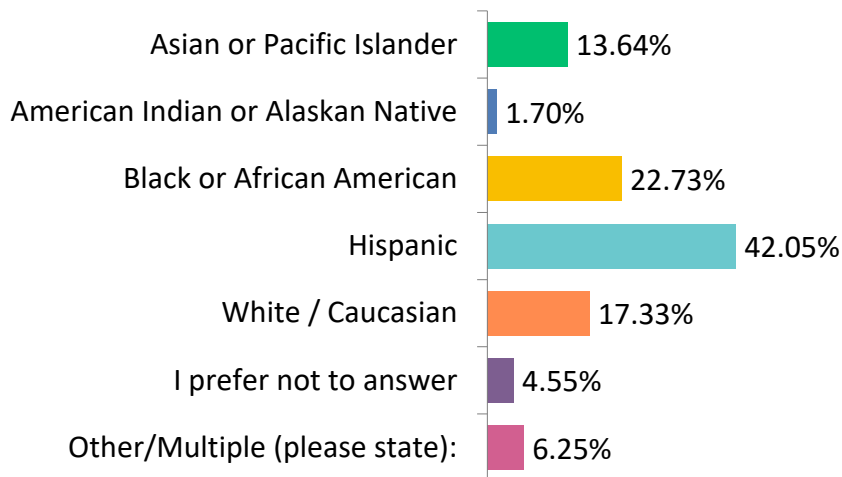
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- School lunches: free for all students and those who take home on weekends; grab meals aren't enough on short school days
- Convenience stores
- Lists and schedules for food pantries
- Free healthcare; free clinic
- Diapers
- Bilingual information
- Resources to grow vegetable garden

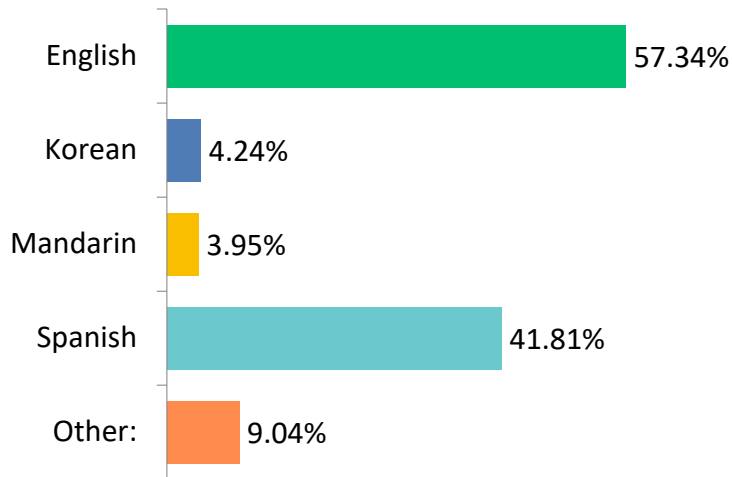
### Q22: What is your age?



### Q23: What is your race and ethnicity? Check all that apply.



## Q24: What language(s) do you speak at home? Check all that apply.



## KEY FINDINGS

- Blacks are statistically more food insecure
- Bilingual homes, irrespective of Hispanics or not, are more food insecure relative to English-only speaking homes
- Main barriers: cost and language (bilinguals included)
- Needs:
  - Awareness of food places
  - Community gardens, farmers' markets, mobile food pantries
  - Other items in donations (e.g. detergents, diapers)
  - Non-food needs

## NEXT STEPS

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- Report available
  - Data by questions
  - Zip Code data: services and community needs
  - Villages: community needs
- Share at Society for Nutrition Education & Behavior Conference (July 21<sup>st</sup> – 23<sup>rd</sup> in Washington DC)
- Round Table session(s) to discuss data and solutions
- Multi-Year Plan

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## BREAK – 5 MINUTES

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# Howard County Health Department Community Health Worker (CHW) Program

*Emily Phillips, MA*  
Health Disparities Project Coordinator,  
Howard County Health Department



## History of CHWs

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- Origins in Latin American, Asian, and African populations
- CHWs have been utilized in US health care since the 1960s under a variety of different titles
- In 2010, CHWs were recognized as health professionals under the Patient Protection and Affordable Care Act
- Gaining popularity in American health systems, as they are able to act as bridge between the patient & medical community

## Evidence-Based Data for using CHWs

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- Studies have shown working with CHWs resulted in:
  - Improved health outcomes, quality of care, and reductions in hospitalizations
  - Increased adherence to self-management of disease and primary care access
  - Increased compliance with medical appointments and improved health literacy among community members

## Grant Overview and Objectives

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- Maryland Department of Health with funding from CDC
  - To address health disparities related to the impact of chronic disease and COVID-19 cases and deaths
- Objectives:
  - Support development of Community Health Workers network
    - Partner organizations to identify and support CHWs
    - CHW certification from state-accredited programs
  - Create community-based communications campaigns

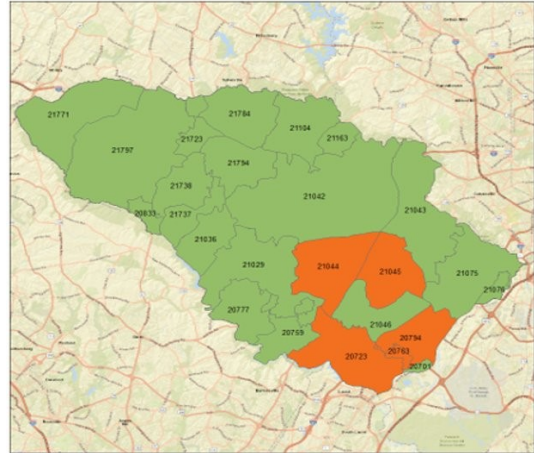
## CHW Model

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- **Lay Health Worker Model (Promotora de Salud)**
  - Members of populations who share many of the same social, cultural, and economic characteristics
  - Focus on social determinants of health to remove barriers to care
  - Community health outreach
  - Informal educational counseling to encourage healthy behaviors
  - Arranging patient navigation and follow-up
  - Advocating for community needs

## Building a Network of CHWs (1 of 2)

- Identify CHWs in selected zip codes
  - Columbia (21044, 21045)
  - Laurel (20723)
  - Savage (20763)
  - Jessup (20794)



## Building a Network of CHWs (2 of 2)

- Collaborate with partners to build CHW network
- Fund enrollment in CHW certification program
- Hold monthly meetings for collaboration, training, updates, and information sharing
  - Training on CAREAPP, equity, chronic diseases, HCHD programs/resources, and topics identified by CHWs
  - Collection of CHW tracking sheets and distribution of materials
  - Peer-to-Peer learning

## HCHD CHW Qualifications

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- Lives in one of the identified zip codes
- Trusted leader, respected by residents
- Can communicate strengths, needs, and cultural norms of residents
- Understands community resources
- Good health practices and attitudes

## Role of CHWs in Health Disparities Program

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- Build stronger relationships/partnerships with communities
- Maintain sustainability in partnerships to facilitate community empowerment
- Reduce hospital utilization for chronic disease in communities with health disparities
- Empower community residents through education and connections to health and social resources

## Structure of CHW Program (1 of 2)

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- Four Community-Based Organizations were selected for sub-grants to recruit CHWs
  - CHWs were recruited in the months of September/October 2022
- Monthly meetings started in November 2022, providing health education based on CHW feedback of community needs, material distribution, and internal networking
- In December 2022, CHWs began working with community members to connect them to resources using CAREAPP & provide health education materials

## Structure of CHW Program (2 of 2)

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- CHW Certification Training Program began mid-February 2023
  - Eleven CHWs are completing the certification program
- Accredited CHW certification programs cover the [nine core competencies](#) required by the Maryland Department of Health. CHWs also receive the following training:
  - Patient Engagement, Mental Health First Aid
  - Suicide Prevention (QPR), Narcan Administration
- CHWs will complete practicums at either Howard County General Hospital or the Health Department in Harm Reduction, Cancer Program, and Behavioral Health

## CHW Responsibilities

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- Seek opportunities to connect community members with health information and resources
- Make 5+ CAREAPP referrals per month
- Complete a CHW certification training program
- Attend monthly CHW meetings
- Maintain & distribute educational materials
- Submit monthly tracking form to document activities

## Current State – Phase 1

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- Twenty-eight CHWs are working in the community and are being supported by three community-based organizations
- Between December 2022 – March 2023
  - 228 community members reached
  - 865 referrals made
  - Top Referral types:
    - Food assistance
    - Housing assistance
    - Transportation assistance

## Successes

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- Connected with residents experiencing health disparities and other barriers to care
- Created partnerships within the community (i.e. libraries, 50+ centers, school system, PTAs, etc.)
- Increased use of CAREAPP for locating community services and connecting residents to programs
- Collaboration within the Health Department, across several Bureaus to provide health education & training opportunities

## Challenges

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- Recruitment and candidate selection
- CHW communication and responsiveness
- Technology gaps
- Difficulty in scheduling and meeting requirements of CHW Certification Training program
  - Lack of practicum sites to complete certification
- Community member needs outside the scope of a CHW

## Future State – Phase 2

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- Continue with a network of up to twenty (20) certified CHWs, supported by a single grantee
- Increase visibility of services, including CAREAPP, by attending community events
- Expansion into other zip codes with identified health disparities

## Sustainability

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- Enhanced integration of public health in the community through continued and new partnerships
- Potential to become a state-accredited CHW Certification Training Program
- Policies for reimbursement of CHW services



## THANK YOU

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Emily Phillips, MA  
Health Disparities Project Coordinator  
[ephillips@howardcountymd.gov](mailto:ephillips@howardcountymd.gov)  
(410) 313-0632

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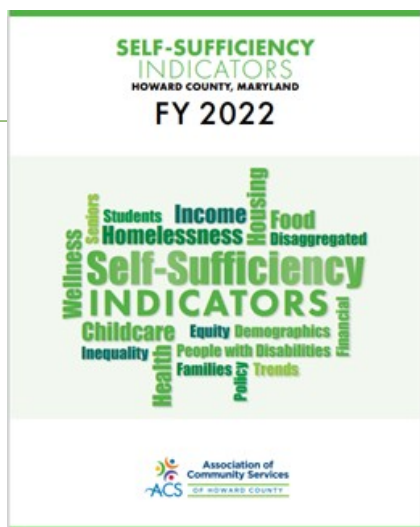
# Member Announcements, Resource Sharing and Networking

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[New Association of Community Services \(ACS\) FY 2022 Self-Sufficiency Indicators Report](#)

**FREE WORKSHOPS**  
Evidence-based workshops equipping you to manage health issues like diabetes, chronic pain, arthritis, and loneliness or depression. Workshops promote lifestyle changes including healthy eating, exercise, stress management, and counseling.

- Living Well Building Center**  
For family caregivers of people with dementia such as Alzheimer's and any other condition that affect memory.
- SAVVY CAREGIVER**  
Providing the most relevant dementia knowledge, skills, and mastery to support family members as they provide care for their relative or friend living with dementia.
- Powerful Tools Caregivers**  
Offering caregivers self-care tools to reduce stress, manage emotions, and increase confidence in coping with caregiving demands.
- Living Well Chronic Disease Self-Management**  
A community-based workshop to help people manage their ongoing health conditions such as asthma, arthritis, hypertension, and other chronic conditions.
- Living Well Diabetes Self-Management**  
A community-based workshop to help people manage their diabetes. This workshop is recommended for adults with Type 2 Diabetes or are pre-diabetic.

Other classes include Chronic Pain Self-Management Program, PEARLS, Stepping On, Living with Hypertension, Stepping Up Your Nutrition, Walk with Ease, Enhance Fitness Group Program, and Tai Ji Quan.

[MDLivingWell.org/HUB](http://MDLivingWell.org/HUB)

MARYLAND **Living Well** CENTER OF EXCELLENCE  
A Division of AAC (nonprofit)  
2020 Program Guide, #100, Salisbury, MD, 21864-2376

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# Maternal Health Events



Black Maternal Health Fair on April 22, 2023 from 10a-12p. [Register](#)



FREE Prenatal Yoga Class on April 26, 2023 from 6:30-7:30pm. [Register](#)

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Thursdays, May 4<sup>th</sup> - June 8<sup>th</sup>, 2023  
6:00 - 8:30 p.m.

### Zoom Video Conferencing

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

We explore real-life skills for dealing with:

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

Each session builds upon the last, all the while sharing experiences and identifying solutions and tools for solving problems, creating a supportive environment. Caregivers are also welcome to attend. Class materials are free as well.

Register today at <https://cancerselfmanagement.events.hcgh.hopkinsmedicine.org/>

410-740-7601 | [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu)



Funded by the Howard County Health Department

[Register](#)



### Chronic Disease Self-Management Workshops FREE, via Zoom or Conference Call

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

- Thursdays, May 25<sup>th</sup> - June 29<sup>th</sup>, 8 - 8:30 p.m.

#### Living Well with Chronic Disease, via Conference Call

- Wednesdays, May 17<sup>th</sup> - June 21<sup>st</sup>, Noon - 12:30 p.m.

#### Living Well with Diabetes, via Zoom

- Wednesdays, April 26<sup>th</sup> - May 31<sup>st</sup>, 6 - 8:30 p.m.

#### Living Well with Diabetes, via Conference Call

- Wednesdays, May 3<sup>rd</sup> - June 7<sup>th</sup>, 12-12:30 p.m.



Register today at [hcgh.org/events](https://hcgh.org/events) or scan the QR code.  
410-740-7601 | [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu)

Funded by the Howard County Health Department

Register: [hcgh.org/events](https://hcgh.org/events)

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Local Health Improvement Coalition

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

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**Older Adult Mental Health Forum**  
 Tuesday, April 25, 2023  
 11:00am – 12:30pm

We're excited to present the next OAMH Forum featuring Howard County General Hospital and Sheppard Pratt Hospital! The session topic is: *Inpatient and Emergency Services*. See registration link below.

**Speakers:**

**Neysa P. Ernst, DNP, MSN, RN**  
 Director, Patient Experience

**Kristin Moore MSN, RN, PCCN**  
 Nurse Manager 2W Psychiatry  
 Howard County General Hospital

**Marina Cecchini**  
 Chief Administrative Officer

**Laura Eskander, M. D.**  
 Service Chief, Psychiatric Urgent Care Centers  
 Sheppard Pratt

**Register here:**

Older Adult Mental Health Forum: Tuesday, April 25, 2023  
 11:00am - 12:30pm  
 Registration Link (Webex):  
<https://howardcountymd.webex.com/webex/join/register?eid=66686f70c52e67160fb3ecb7e12>

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

**For additional information please contact:**

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

[Register](#)



Join us for a special teen mental health documentary screening and panel discussion!

**Wednesday, April 26th from 6-8pm**

Centennial High School Auditorium  
 4300 Centennial Ln, Ellicott City, MD 21042

**Panelists:**

- Jennifer Marshall (Executive Producer, Principle Pictures)
- Peace Williams (WHS student, Active Minds member)
- Stephanie Reid (Youth and Family Support Services, Health Department)
- Ivan Craft (Instructional Facilitator for Psychological Services, HDPS)
- Oliver Song (President, Howard County Association of Student Councils)

Register here!



This program contains content surrounding eating disorders, self-harm, sexual abuse, and suicide which may be triggering for some. Adult supervision is recommended for viewers 13 and under.



[Register](#)

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[@hclhic](#)

**Kennedy Krieger Institute**

**Promoting Positive Mental Health Outcomes for Black Youth: How School, Home and Community Members Can Help**



Date: Thursday, May 18, 2023

Time: 9 a.m. to 12:15 p.m.

Cost: Free, but registration is required and space is limited

Where: Live Interactive Webinar

Registered participants will receive an e-mail with instructions on how to join the session.

- Objectives:** Participants will be able to
1. Discuss the critical role that providers and community members play in promoting positive mental health outcomes for youth of color
  2. Describe ways in which Black youth are at a disadvantage in various areas of life, including social, legal and health.
  3. Demonstrate understanding and knowledge of best practices that produce more equitable experiences and outcomes for Black youth.
  4. Identify how to effectively support and involve Black youth in the community health promotion efforts.
  5. Discuss cultural differences in the role and function of parental support for Black youth.
  6. Utilize effective strategies which promote positive mental health outcomes for Black youth and apply the "family as host" model for culturally responsive practice.

This training is sponsored by the Maryland Suicide Prevention Office, Office of Minority Health and Health Disparities, and Black Mental Health Alliance in collaboration with the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute.

Given the goal of Healthy People 2030 to achieve health equity, eliminate disparities and improve the health of all groups, there is the need for coalition building and strategies for promoting positive mental health outcomes for youth of color. Community-, faith- and clinic-based organizations and their professionals play a key role in promoting health among various groups, including racial and ethnic minorities, and therefore need to embed cultural and linguistic competencies into their practice for successful care outcomes and in addressing health disparities. This workshop will provide a unique learning opportunity for participants on prevention and effective strategies, which promote positive mental health outcomes for youth of color.

**Instructional Level: Intermediate**

**Who Should Attend?** Psychologists, Social workers, Counselors, Educators, Parents and caregivers, Nurses, Clinical medical staff, Direct support professionals and other community service providers, Speech/Physical Occupational therapists, Community members, Students/trainees.

To Register, [Click](#) or Call 443-823-8665

**3.0 Continuing Education Hours**

Maryland Center for Developmental Disabilities Kennedy Krieger Institute is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education program and request full responsibility for this program. Kennedy Krieger Institute is approved by the American Psychological Association for continuing education. This program will be granted 3.0 continuing education hours. A Certificate of Attendance will be mailed to you by email. This seminar/instructional program content and is intended to meet the Maryland licensure requirement to enhance competence as the provider of psychological services to culturally diverse populations. No conflicts have been identified that require commercial support and research attribution.

For more information on our trainings or to request accommodation or assistance for individuals with disabilities, please contact us by phone at 443-823-8665, email [Training@MDHDC.KennedyKrieger.org](mailto:Training@MDHDC.KennedyKrieger.org) or visit [www.hclhic.org](http://www.hclhic.org)

MDHDC Kennedy Krieger Institute requires that all registrants should be made as soon as possible but at least 7 days prior to the scheduled meeting.



[Register](#)

**Howard County LHIC**  
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This doctor-led walking group is a fun, free, safe place to get some steps, learn about health, and meet new friends. We are a local chapter of an international 501(c)3. Learn more at [walkwithadoc.org](http://walkwithadoc.org)

**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.

In the event of rain/snow, the walk would be moved to the track at Supreme Sports Club.

For more information, scan the QR code.



[Register](#)

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

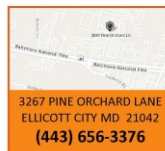
[@hclhic](#)



**Mondays**  
**April 24, May 22, June 26**  
 July – October TBD

**Noon to 2:00p**

Please do NOT arrive before 11:45 a.m.  
 Please bring ID



3267 PINE ORCHARD LANE  
 ELLICOTT CITY MD 21042  
**(443) 656-3376**

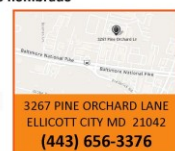


**Conduce a través de  
 La Distribucion de Alimentos**

**Lunes**  
**24 de abril, 22 de mayo, 26 de junio**  
 julio - octubre todavía no nombrado

**12:00 - 2:00p**

Por favor no  
 lleguen antes de las 11:45 am  
 Por favor traiga identificación



3267 PINE ORCHARD LANE  
 ELLICOTT CITY MD 21042  
**(443) 656-3376**

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## Additional Announcements

- [2023 Farmers' Markets Schedule](#)
- HCHD Car Seat Safety Class hosted by Elkridge Library, Belmont Room April 29th 1pm to 1:45pm. [Register](#)
- Spring Fun Run/ Walk – Columbia Community Care – Saturday, April 22, 2023 9am to 11am at 750 Little Patuxent Pkwy, Columbia, MD 21044. [Register](#)
- Norma Morales Autism Acceptance 3K Walk, Saturday April 29, 2023 9am to 1pm at Centennial Park.

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## MEMBER ANNOUNCEMENTS

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

Thank you!

## NEXT STEPS & WRAP UP

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***2023 Quarterly Hybrid Full Coalition Meetings:***

**[Register](#)**

- 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)

For additional information or questions contact [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov)



Thank you

LHIC Team

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

**Howard County LHIC**

Local Health Improvement Coalition



**Promote. Preserve. Protect.**

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