

# 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)

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



## Howard County Local Health Improvement Coalition

### Full Coalition Meeting

October 19, 2023



## GOAL & AGENDA

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**GOAL:** Present Updates on CAREAPP and Howard County's Maternal and Infant Health Initiatives in support of the Healthy Beginnings, Healthy Living and Healthy Minds priorities.

**AGENDA:**

- A. Welcome & Introductions
- B. HCLHIC Updates
- C. CAREAPP Dashboards: Measuring Engagement & Impact
- D. Howard County's Maternal and Infant Health Update
- E. Member Announcements, Resource Sharing & Networking
- F. Next Steps and Wrap-up

## WELCOME & OPENING REMARKS

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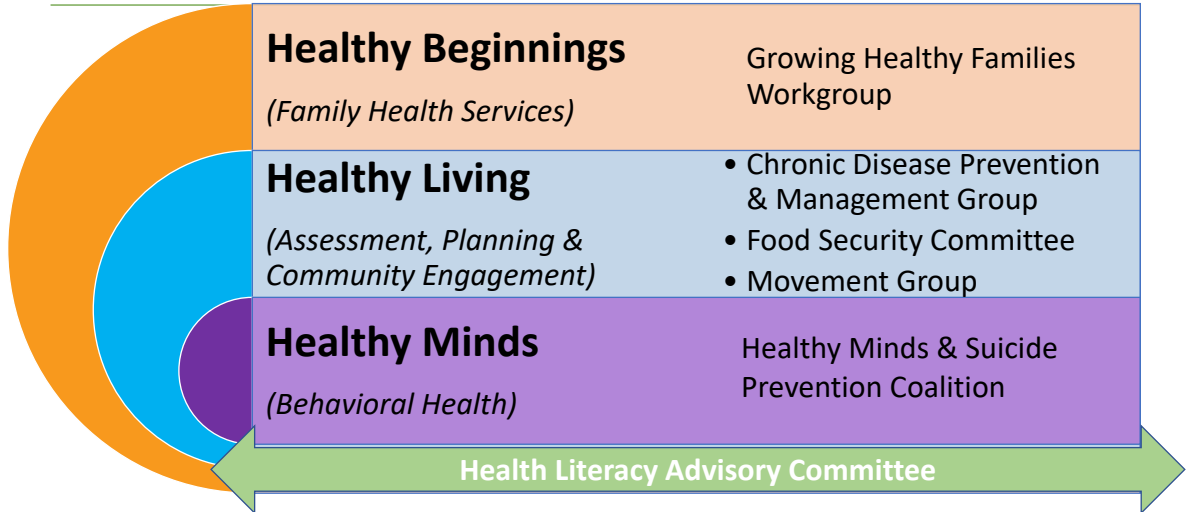
# Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &  
Johns Hopkins Howard County Medical Center

## HCLHIC WORKGROUP UPDATES



5

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

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6

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# CAREAPP Dashboards: Measuring Engagement & Impact

*Natalie Hall, CAREAPP Engagement Coordinator,  
Howard County Health Department  
&  
Colton Naval, Community Engagement Manager, findhelp*

7

## Agenda

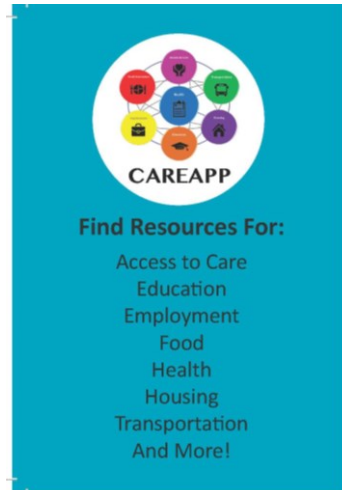
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- CAREAPP Overview
- CAREAPP Program Analytics



8

## CAREAPP Overview



**CAREAPP is FREE and easy to use!**



Visit [FindHCResources.org](https://FindHCResources.org)



Scan our QR Code



Download our App:  
**CAREAPP Howard County**

**Howard County LHIC**  
Local Health Improvement Coalition

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

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9

## Question One (1):

**What is the purpose of CAREAPP?**

- To search and connect with services for food, health, housing, transportation, education, and employment assistance, and more in Howard County.
- To screen clients to identify appropriate resources.
- All the above



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10

## Purpose of CAREAPP (1 of 2)

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### Addressing the SDoH of our clients:

- Searching for resources
- Sending and tracking referrals (outbound referrals)
- Sharing resources with clients via email/text/print

## Purpose of CAREAPP (2 of 2)

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### Enhancing the workflow of community-based organizations (CBOs):

- Bringing awareness to your program
- Determining eligibility quickly
- Receiving and updating referrals for your program (inbound referrals)
- Reviewing data analytics

## Question Two (2):

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### How do you access CAREAPP?

- a. Contact your fifth-grade teacher.
- b. Pay for a monthly CAREAPP subscription.
- c. Visit the website or download the app.



## Accessing CAREAPP

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### Four (4) FREE ways to access CAREAPP!

1. Download the app on your Apple or Android mobile devices, "Howard County CAREAPP".
2. Visit the public website, [www.findhcreources.org](http://www.findhcreources.org).
3. Visit the partner website, [www.hccareapp.org](http://www.hccareapp.org).
4. Use the simple search box found on the HCHD and partner websites.

### Question Three (3):

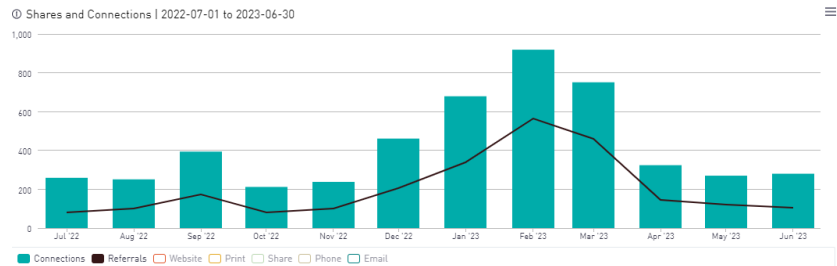
**What impact did CAREAPP have in Howard County between July 1, 2022, and June 30, 2023?**

- a. 24,000 searches and 5,000 connections with the CBO
- b. 1,500 programs serving Howard County listed in CAREAPP
- c. 500 closed loop referrals



### CAREAPP Impact Data

**24,000 searches** were conducted by the **10,000 CAREAPP users**, resulting in **5,000 connections** to the programs listed in CAREAPP and **2,500** of those connections were **referrals**.





## CAREAPP Program Analytics

CAREAPP features a suite of free analytics reports for program claimers. You can use these reports to:

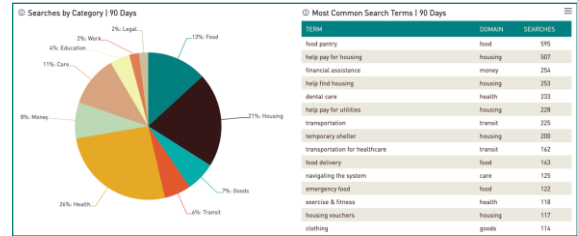
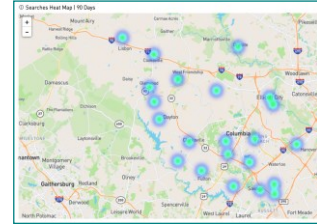
- **Identify Community Needs**
  - [Search Trends Dashboard](#)
- **Measure Engagement & Quantify Impact**
  - [Claimed Program Dashboard](#)
  - [Screener Dashboard](#)
  - [Data Collection Report](#)

## How do I access my free analytics?

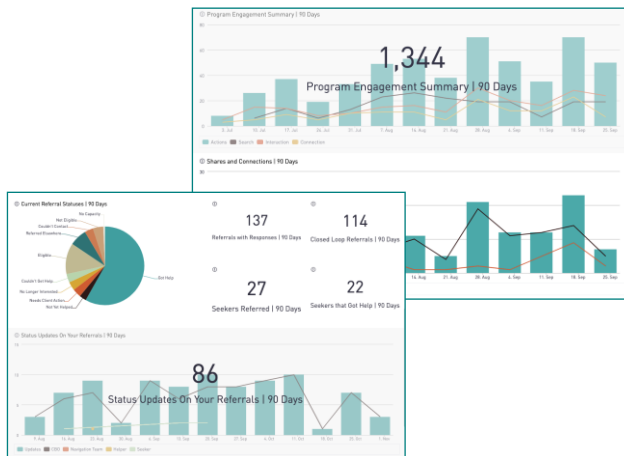
- **Make sure your programs/services are listed on CAREAPP.**
  - [You can check and suggest a program here.](#)
  - There is no cost or limit to the number of programs you can suggest as long as your services meet findhelp's criteria of being a free or reduced cost direct social care service.
    - [Findhelp listability guidelines can be found here.](#)
- **Claim your programs on CAREAPP.**
  - [You can claim programs here.](#)
  - Claiming is free. It connects your organization with your program card and unlocks the suite of free tools and analytics. There is no cost or limit to the number of staff who can claim programs.
    - [More information on claiming can be found here.](#)

## Search Trends Dashboard

- Allows organizations to view search trends in their service areas in the last 90 days
- Organizations can stay informed about the needs of their communities
- Organizations can use this report to demonstrate demand in their funding requests and proposals



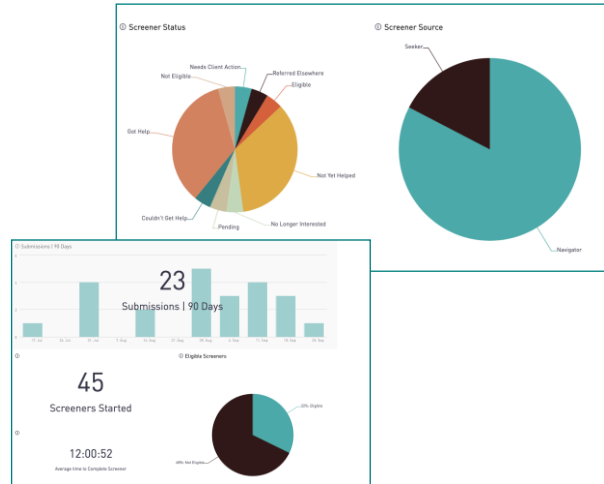
## Claimed Program Dashboard



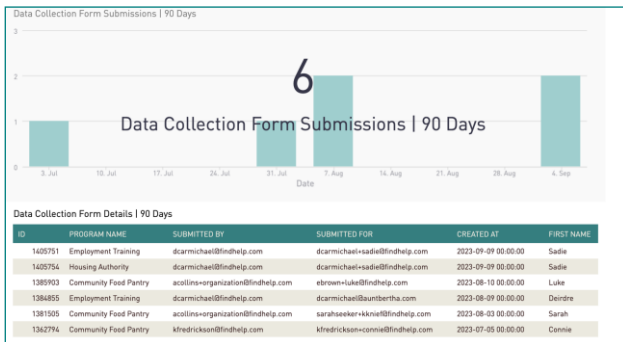
- Quantify all the different ways people are interacting with your programs;
- Show your program's scope in program evaluations, grants and fundraising, and external reporting to funders and/or regulators;
- Show impact through Referral data highlights effectiveness;
- Demonstrate the need for additional resources or staff.

## Screeener Dashboard

- Quantify eligibility of people referred to your program;
- Understand volume and time taken for inbound requests to your program;
- Download Screeener responses for additional analysis and trends.



## Data Collection Report Dashboard



- Quantify the information in your Data Collection Forms;
- Show your program's impact through services rendered;
- View trends of demographic data, services provided;
- Understand volume of form submissions over time.

## Key Take a Ways

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Visit [hccareapp.org](https://hccareapp.org) today to start collecting data!

- [Create your Account](#)
- [Suggest a Program](#)
- [Claim your Program](#)
- [Updating Your Program](#)
- [Changing Contact Information](#)



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[@hclhic](https://twitter.com/hclhic)

23

## Thank You

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### Natalie Hall

CAREAPP Engagement Coordinator  
Howard County Health Department  
[nhall@howardcountymd.gov](mailto:nhall@howardcountymd.gov)

### Colton Naval

Community Engagement Manager  
Findhelp  
[cnaval@findhelp.com](mailto:cnaval@findhelp.com)

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[@hclhic](https://twitter.com/hclhic)

24

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## BREAK – 10 MINUTES

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# Howard County's Maternal & Infant Health Update

*Oluwafunmilola T. Bada MD FACOG,  
Clinical Director of Sexual and Reproductive Health,  
Howard County Health Department*

## How did we get here?

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# Maryland's Report Card

HEALTHY MOMS STRONG BABIES.

MARCH OF DIMES

The 2021 Report Card highlights the latest key indicators to describe and improve maternal and infant health in the U.S. It features grades for preterm birth and measures on infant mortality in addition to social drivers of health, low-risk cesarean births and inadequate prenatal care. Our Supplemental Report Card highlights the stark disparities across race and ethnicity within these factors.

With the onset of the COVID-19 pandemic, pre-existing health disparities have been magnified. Comprehensive data collection and analysis of these measures, and the resulting disparities, inform the development of policies and programs that move us closer to health equity. The Report Card looks at policies like Medicaid expansion and programs like Maternal Mortality Review Committees, that can help improve equitable maternal and infant health for families across the country.

Scan here for more data on your state.

## MARYLAND

INFANT HEALTH

PRETERM BIRTH GRADE

# C-

PRETERM BIRTH RATE

# 10.1%

Purple (darker) color shows a significant trend (p <= .05)

INFANT MORTALITY

Infant mortality rates are an indication of overall health. Leading causes of infant death include birth defects, prematurity, low birth weight, maternal complications and sudden infant death syndrome.

# 5.9

Purple (darker) color shows a significant trend (p <= .05)

PRETERM BIRTH RATE BY RACE AND ETHNICITY

The March of Dimes disparity ratio measures and tracks progress towards

ETHNICITY	Rate
Hispanic	9.4
White	8.9
Black	13.0

In Maryland, the preterm birth rate among Black women is 44% higher than the rate among all other women.

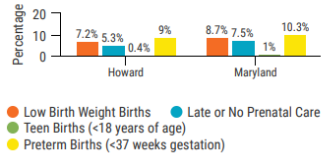
<https://www.marchofdimes.org/peristats/tools/reportcard.aspx?rmodrc=1&reg=24>

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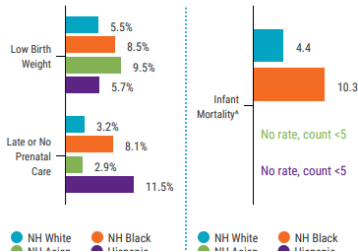
[www.hclhic.org](http://www.hclhic.org) @hclhic

# Card Snapshot of Howard County's Maternal & Infant Health Profile

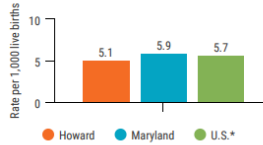
Selected Indicators, Howard, 2019



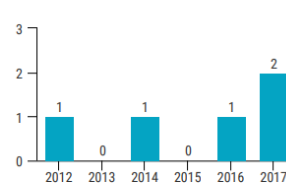
Racial Disparities, Howard County, 2019



Infant Mortality Rates\*, 2019



Pregnancy-Associated Maternal Deaths\*\*



<https://www.howardcountymd.gov/sites/default/files/2021-11/Report%20Card%20FINAL%20Nov2021.pdf>

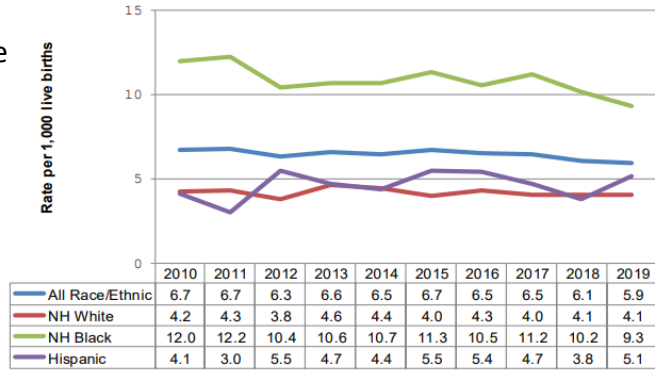
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## Mortality

- Infant mortality in Maryland in 2019 was 5.9 per 1,000 live birth
- 3% decrease compared to 2018 rate
- Leading cause of death is:
  - Low birth weight
  - Congenital abnormalities
  - Sudden Infant Death Syndrome (SIDS)
- Maternal complications of pregnancy
- Infectious disease

Figure A. Infant Mortality Rates by Race/ethnicity, Maryland, 2010-2019.

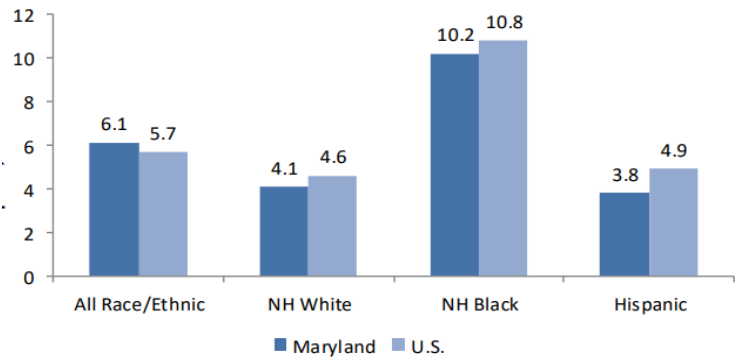


[https://health.maryland.gov/vsa/Documents/Reports%20and%20Data/Infant%20Mortality/Infant\\_Mortality\\_Report\\_2019.pdf](https://health.maryland.gov/vsa/Documents/Reports%20and%20Data/Infant%20Mortality/Infant_Mortality_Report_2019.pdf)

## Infant Mortality Rates by Race

- Maryland’s infant mortality rate for all race and ethnicities combined has historically been higher than the national rate.

Figure C. Infant Mortality Rates by Race/ethnicity, Maryland and the U.S., 2018



[https://health.maryland.gov/vsa/Documents/Reports%20and%20Data/Infant%20Mortality/Infant\\_Mortality\\_Report\\_2019.pdf](https://health.maryland.gov/vsa/Documents/Reports%20and%20Data/Infant%20Mortality/Infant_Mortality_Report_2019.pdf)



## What's Our Strategy?

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## Clinical Efforts

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- Family Planning
- Vaccination Access
- Maternal and Infant Advisory Committee

## Community Based Solutions

- Be Safe
- Be Inclusive- Reduce barriers to access
- Be Complementary- Align goals with evidence based clinical practice
- Be Informed- Center lived experiences
- Be Reciprocal- Prioritize peer support



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35

## Be Inclusive



- Work alongside community partners to address health inequities
- Equal access to bias-free care can lead to better outcomes

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36

## P.E.A.C.E Project



Howard County  
Health Department  
P.E.A.C.E Project

- P.E.A.C.E Project
- **Perinatal Equity And Care for Everyone**
- Prenatal, Postpartum and Infant resources available in Howard County with the assistance of a Care coordinator

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37

## Be Complementary



- Diversify the Perinatal Workforce
- The Perinatal Workforce includes nurse practitioners, clinical nurse specialists, physician assistants, and perinatal health workers such as doulas, community health workers, peer supporters, certified lactation consultants, nutritionists and dietitians, social workers, home visitors, and navigators.
- Support a workforce built by the community it serves, offers culturally congruent care
- Support access to evidence-based data that supports this model of care

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38

## Doula Training



- Recruit, Train and Support Doula presence in Howard County
- First Doula Training this November!

## Be Reciprocal...Lean on our Community



- Share Access and Information
- Apply evidence-based solutions to existing problems.
- Highlight Peer Support; such as Doulas
- A Doula is a non-clinical birth worker professionally trained to provide physical, emotional, and informational support to pregnant people in the prenatal and postpartum period
- Doula support can lead to lower rates of low-birth weight infants, pregnancy complication, c-section rates. Can lead to increase in the initiation of breast-feeding.
- Not a lone solution but can play a critical part in reducing health care disparities.

## Be Reciprocal...Next Steps

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41

## Growing Healthy Families

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42

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## Member Announcements, Resource Sharing and Networking



**Proclamation**  
*From the Governor of the State of Maryland*

**WALKTOBER  
OCTOBER 2023**

**WHEREAS,** Maryland's official exercise — walking, provides endless physical and mental health benefits that counteract the effects of rising promoting genes, protect you from the damage of chronic inflammation, help tame a sweet tooth, reduce the risk of developing breast cancer, and ease joint pain, and boost immune function; and

**WHEREAS,** In its fourth year, through statewide events, including Walk Maryland Day on October 1<sup>st</sup> and online Walkovers, WALKTOBER highlights that walking, with or without assistance, is an activity available to people of all ages and abilities and provides many benefits as a key element of Maryland's transportation and recreation network; and

**WHEREAS,** Remembering that we see all pedestrians at some point during our day, WALKTOBER brings heightened attention to pedestrian safety in conjunction with the National Highway Traffic Safety Administration's October National Pedestrian Safety Month and builds from core agency partnerships to strengthen awareness of key resources, needs, and opportunities to support and encourage safe walking; and

**WHEREAS,** The State of Maryland has established a Bicycle and Pedestrian Advisory Committee and a 20-year Bicycle and Pedestrian Master Plan to help safely connect trails and other pedestrian infrastructure.

**NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim**  
**OCTOBER 2023 as WALKTOBER in Maryland, and do commend this observance to all of our citizens.**

Given Under my Hand and the Seal of the State of Maryland  
at the City of Annapolis  
this 18th day of October  
2023.



*Wes Moore*  
Governor



**Welcome to HoCo WALKTOBER 2023**



**Howard County—Let's Walk, Roll, Ride, MOVE!**  
**When: October 1 - 31, 2023**

Join the Howard County Local Health Improvement Coalition and Partners for Walktober 2023. Come celebrate our State's official exercise of walking/ moving for physical activity and improved health for all ages and abilities.

**Don't miss out! Join us, enjoy 4 weeks of fun!**

- A variety of walking/moving events across the County on the calendar!  
[howardcountymd.gov/walktober](http://howardcountymd.gov/walktober)
- Walk on your own with 1-mile maps of County parks:  
[bit.ly/LHICwalkingmaps](http://bit.ly/LHICwalkingmaps)



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45




**Howard County's Great Outdoors Initiative**

Challenge yourself to a minimum of 15 minutes of outdoor activity each day in October.

**Let us know what you are enjoying...**  
Hiking | Walking | Bird Watching | Fishing | Kayaking | Archery | Cycling  
Geocaching | Outdoor Sports | Kite Flying | Orienteering | Running

Free to join. Participants eligible for random prize drawings at the end of the initiative. Visit us online for complete details or scan the QR code to sign up:  
[www.tinyurl.com/HCGreatOutdoors](http://www.tinyurl.com/HCGreatOutdoors)  
Info: Matt Medicus, 410-313-1769, mmedicus@howardcountymd.gov








**WHERE? 5305 VILLAGE CENTER DR #110, COLUMBIA, MD 21044**

**FUN RUN WITH FEET FIRST SPORTS**

**EVERY THURSDAY @ 6:00 PM**

**FOR MORE INFORMATION VISIT: [WWW.HOWARDCOUNTYMD.GOV/WALKTOBER](http://WWW.HOWARDCOUNTYMD.GOV/WALKTOBER)**



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46

# Neighbor Walks

Join Neighbor Ride Staff, volunteers and your neighbors for some laps around Lake Kittamaqundi.

**Dates:** Tuesday October 10th 2023 & Tuesday October 24th 2023

**Time:** 10:00 am

**Location:** Lake Kittamaqundi  
Little Patuxent Parkway  
Columbia, MD 21044

For more information visit [www.howardcountymd.gov/walktober](http://www.howardcountymd.gov/walktober)




## MONDAY MORNING MEANDERING



MEET EVERY MONDAY IN THE MONTH OF OCTOBER (OCTOBER 2ND, 9TH, 16TH, 23RD, & 30TH)

9:00 AM - 10:00 AM

LAKE ELKHORN  
7200 DOCKSIDE LN.  
COLUMBIA, MD 21045

Group walk around Lake Elkhorn to start your week out on the right foot from the The Village in Howard.

For more information visit [www.howardcountymd.gov/walktober](http://www.howardcountymd.gov/walktober)




47

The Harriet Tubman Foundation of Howard County and the Martin Luther King, Jr. Holiday Commission invite you to our...

# POP-UP PANTRY FREE FOOD

**RIDGELY'S RUN COMMUNITY CENTER**  
8400 Mission Road  
Jessup, MD 20794

October 23 — 10:00 AM to 11:30 AM  
November 13 — 10:00 AM to 11:30 AM  
December 11 — 10:00 AM to 11:30 AM

**HOPKINS METHODIST CHURCH**  
13250 Highland Road  
Highland, MD 20777

October 23 — 10:00 AM to 11:30 AM  
November 13 — 10:00 AM to 11:30 AM  
December 11 — 10:00 AM to 11:30 AM

For More Information:  
443-386-0405 or 443-280-1935



### LINDADEN FOUNDATION'S MOBILE MARKET

NOURISHING YOUR FUTURE ON A BUDGET!



- WHY IT'S NOT FREE, BUT IT'S FAIR:
  - SUSTAINABILITY: CONTINUOUS SERVICE FOR THE COMMUNITY.
  - VALUE: QUALITY FRESH PRODUCE AT UNMATCHED PRICES.
  - EMPOWERMENT: INVESTING IN A HEALTHIER TOMORROW.
- PRE-ORDER YOUR NUTRITION BUNDLE TODAY!
  - SMALL: ONLY \$15 FOR 2-3 PEOPLE/WEEK.
  - LARGE: JUST \$25 FOR 5-6 PEOPLE/WEEK.

2023 CALENDAR: OCT 14, 28 NOV 11, 25 DEC 9, 23

JOIN US!  
LOCATION: BIVES PARKING LOT.  
WHEN: EVERY 2ND & 4TH SATURDAY, 3-5 PM.  
PAYMENTS: CASH, CREDIT, DEBIT.

- MORE THAN JUST FOOD:
  - NUTRITION EDUCATION: MAXIMIZE YOUR BUNDLE'S POTENTIAL.
  - COMMUNITY GROWTH: HELP US REACH AND SERVE MORE.
  - FREE EXTRAS: SUPPLEMENTAL PANTRY ITEMS FOR YOU.

FIND US AT: 5450 BLUE HERON LN, COLUMBIA, MD 21044.  
BUILDING A HEALTHIER, STRONGER COMMUNITY TOGETHER!

OUR MOBILE MARKET IS SUPPORTED BY: HOWARD COUNTY INNOVATION GRANT, MYVEGGIEVAN.ORG, MIKEANDMELCRUISEIN.COM, AND MORE

48





### Chronic Disease Self-Management Education Programs

These programs are brought to you through the collaborative efforts of the Howard County Health Department, Howard County Office on Aging and Independence, and Johns Hopkins Howard County Medical Center.

<h4>Chronic Disease Self-Management Workshops</h4> <p>6-week community based workshops to help people manage their ongoing health conditions and improve individual's self-management skills.</p>	<h4>Diabetes Self-Management Workshops</h4> <p>6-week community-based workshops to help people manage their diabetes reduce the complications associated with diabetes.</p>
<h4>Tobacco Cessation Classes</h4> <p>Weekly individual and group sessions at locations throughout Howard County open to anyone who lives, works or goes to school in Howard County.</p>	<h4>Cancer Support Groups</h4> <p>Weekly/monthly professional led support groups to help cancer survivors work through the feelings and challenges they've experienced with other people who have gone through similar experiences.</p>

Howard County LHIC  
 For more on these programs and additional chronic disease self-management programs, use your cellphone camera and aim at the QR code here!




### Chronic Disease Self-Management Education Programs

<h4>Chronic Disease Self-Management Workshops</h4> <ul style="list-style-type: none"> <li>Thursdays February 1st thru March 7th 2023                     <ul style="list-style-type: none"> <li>8:00 PM - 8:30 PM</li> <li>Virtual</li> </ul> </li> <li>Wednesdays October 25th thru December 6th                     <ul style="list-style-type: none"> <li>6:00 PM - 6:30 PM</li> <li>Conference Call</li> </ul> </li> </ul>	<h4>Diabetes Self-Management Workshops</h4> <ul style="list-style-type: none"> <li>Thursdays, November 2nd thru December 14th 2023                     <ul style="list-style-type: none"> <li>6:00 PM - 8:30 PM</li> <li>Virtual</li> </ul> </li> </ul>
<h4>Smoking Cessation Classes</h4> <ul style="list-style-type: none"> <li>Offered in the following formats                     <ul style="list-style-type: none"> <li>2 week/2 module classes</li> <li>Single Session Group/Individual Class</li> </ul> </li> <li>Virtual</li> <li>For dates and times call the number below                     <ul style="list-style-type: none"> <li>410-313-6265</li> </ul> </li> </ul>	<h4>Cancer Support Groups</h4> <ul style="list-style-type: none"> <li>2nd Monday every month                     <ul style="list-style-type: none"> <li>Breast Cancer</li> <li>6:30 PM - 8:00 PM</li> <li>Virtual</li> </ul> </li> <li>Last Monday every month                     <ul style="list-style-type: none"> <li>GYN Cancer</li> <li>1:00 PM - 2:15 PM</li> <li>Virtual</li> </ul> </li> </ul>

Howard County LHIC  
 For more on these programs and additional chronic disease self-management programs, use your cellphone camera and aim at the QR code here!



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 Local Health Improvement Coalition

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## Medication & Sharps Disposal

Convenient Drive-Thru Event

**Saturday October 28 • 10 a.m. - 2 p.m.**



#### Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet medication
- Vapes without batteries
- Inhalers
- And more!

**HCDrugFree** Wilde Lake Village Center Parking Lot  
 Empowering the Community 5305 Village Center Drive, Columbia 21044

### Volunteers Needed

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

#### Medication Lockbox Giveaway!

We have 100 medication lockboxes to give away for FREE!

\$44 value. First come, first served. Limit 1 per vehicle.



[HCDrugFree.org](http://HCDrugFree.org)


Proud to partner with Drug Enforcement Administration, Howard County Police, Howard County Public School System and PTAs/PTSAs, Howard County Government and Health Department.

**Howard County LHIC**  
 Local Health Improvement Coalition

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

@hclhic

## FREE PARENTING CLASS



### Guiding Good Choices®

### Taking HoCo Families to the Next Level

Guiding Good Choices® is an evidence-based, interactive prevention program that helps you build a stronger bond with your child, while also providing skills proven to reduce the risk of children engaging in substance use or other risky behaviors. Learn how to:

- Prevent Drug Use in Your Family
- Develop Healthy Beliefs and Clear Standards
- Avoid Trouble and Respond to Peer Pressure
- Manage Conflict and Express Feelings Constructively
- Strengthen Family Bonds
- And More!


This series of five Zoom classes is for **parents, guardians, and grandparents** of 9-14 year olds, but will consider slightly older or younger children on a case by case basis. **Adult or child** must be a Howard County resident.

**Class Dates:** Thursdays, November 2, 9, 16, 30, & December 7.  
 (Participants are encouraged to attend all 5 sessions.)

**Time:** 12 p.m. - 1:30 p.m.

**Register:** [tinyurl.com/HoCoParentsFall2023](https://tinyurl.com/HoCoParentsFall2023)

**Learn more:** [hcdrugfree.org/currentevents](https://hcdrugfree.org/currentevents)



**HCDrugFree**  
 Empowering the Community

## Thriving Together

survivors' mental health awareness & wellbeing group



Trauma, whether physical, emotional, verbal, or sexual, can have long-term effects on mental health. People who have experienced abuse or other trauma have a higher risk of developing a mental health condition, including depression, anxiety, or post-traumatic stress disorder (PTSD).

During Thriving Together, survivors of sexual and intimate partner violence explore ways to live well, be informed self-advocates, address stigmas, and the health disparities that can challenge our wellbeing.

Sessions feature expressive-arts activities, self-care practices, relaxation techniques, education and guest speakers. A free program but registration is required.

Register at: [HopeWorksOHHC.org/events](http://HopeWorksOHHC.org/events)

Saturday, October 14, 2023 (in-person) 10am to Noon  
 Saturday, December 9, 2023 (Zoom) 10am to Noon  
 Saturday, February 10, 2024 (Zoom) 10am to Noon  
 Saturday, April 6, 2024 (Zoom) 10am to Noon  
 Sunday, May 4, 2024 (in-person) 10am to Noon

**HOPE WORKS**

This project is supported by a grant from the Howard County Government

HopeWorks' mission is to support and advocate for people in Howard County affected by sexual and intimate partner violence and to engage the community in creating the change required for violence prevention.

HopeWorks • (410) 987-0306 • 9770 Patuxent Woods Drive • Suite 300 • Columbia MD 21046  
 HopeWorksOHHC.org

## 11th Annual William S. Perper Symposium

### Understanding Depressive and Alcohol Use Disorders: Promoting Healing and Recovery

*A free conference for individuals and families impacted by depressive or alcohol use disorders, and for those who care for them.*

**November 2, 2023 | 9 a.m. to 1 p.m.**

**Virtually via Zoom or In Person:**  
 Johns Hopkins Asthma & Allergy Center  
 Johns Hopkins Bayview campus  
 5501 Hopkins Bayview Circle  
 Baltimore, MD 21224

**KEYNOTE SPEAKERS:**



**Denis Antoine II, M.D.**  
 Medical Director, Addiction Treatment Services  
 Johns Hopkins Bayview Medical Center  
 Assistant Professor, Psychiatry and Behavioral Sciences  
 Johns Hopkins University School of Medicine  
 Director, Cornerstone Clinic at Helping Up Mission



**Karen Swartz, M.D.**  
 Director, Clinical and Educational Programs  
 Johns Hopkins Mood Disorders Center  
 Professor, Psychiatry and Behavioral Sciences  
 Johns Hopkins University School of Medicine

View a livestream of the conference at [bit.ly/PerperSymposium](http://bit.ly/PerperSymposium).  
 For more information, email [Dr. Dan Hale at whale5@jhmi.edu](mailto:Dr. Dan Hale at whale5@jhmi.edu).

JOHNS HOPKINS UNIVERSITY The Perper Symposium is sponsored by the William S. Perper Foundation and Johns Hopkins Bayview Medical Center.



## Behavioral Health Community Survey:

[English](#)


### Mental Health & Suicide Prevention Programs

<p><b>Mental Health First Aid (MHFA) Training</b></p> <p>Virtual training to teach others how to assist someone experiencing a mental health or substance use crisis.</p>	<p><b>Suicide Prevention &amp; Intervention Programs</b></p> <p>Virtual OPR (Question, Persuade, Refer) training and support to help individuals recognize the warning signs of suicide in others and in themselves and take preventative steps.</p>
<p><b>Opioid Overdose Response Training</b></p> <p>Training for individuals to learn how to administer Narcan, the opioid reversing medicine, and how to save a person's life from a possible overdose caused by an opioid.</p>	<p><b>Mental Health Support Groups</b></p> <p>Monthly trained family member-led support groups for people living with mental illness, or the family and friends of people living with mental illness. Hosted by National Alliance on Mental Illness (NAMI) of Howard County.</p>


Howard County LHIC  
 Local Health Improvement Coalition

For more mental health and suicide prevention programs use your cellphone camera and aim at the QR code here!






**Mother Goose**  
**On The Loose**  
**Hatchlings**  
www.mgol.org



Maryland State Library Agency



MARYLAND STATE DEPARTMENT OF EDUCATION  
EQUITY AND EXCELLENCE

**Howard County**  
Office on Aging & Independence

**Older Adult Mental Health Forum**  
Tuesday, October 31 (virtual)  
11 a.m. – 12:30 p.m.

October topic:  
**Understanding Trauma in Older Adults**

Many individuals carry the hidden burden of traumatic experiences. This session will explore how past traumas can reverberate over the lifespan, influencing everything from health outcomes to emotional resilience. In addition, trauma-informed care for older adults will be covered.

**Speaker:**  
Matlia S. Jones, MS, HS-BCP  
Assistant Director of Community Engagement Services  
The Family Tree

**Register here:**  
Older Adult Mental Health Forum  
Tuesday, October 31  
11 a.m. – 12:30 p.m.  
Registration Link (Webex):  
<https://bit.ly/3FqJ71N>

For additional information please contact:  
**Karen Hull, Mental Health Program Coordinator**  
Howard County Office on Aging & Independence  
410-313-7466 (voice/relay)/khull@howardcountymd.gov

If you need this document in an alternative format, call 410-313-1234 (voice/relay).  
If you need accommodations to participate, please call at least one week in advance.



**Autism Society**  
VEI The connection is you.™

**Who We Are**  
The Autism Society is the largest and oldest grassroots Autism organization in the United States. Annually, through our nationwide network of affiliates, we support over half a million people in the Autism community through advocacy, education, resources, and community programming.

**Health Equity**  
The Autism Society is dedicated to health equity, which is the foundation for a healthy life. People with Autism experience higher rates of medical and mental health conditions, poor health outcomes, and premature mortality. In addition to social and economic barriers, the autistic community faces sensory, communication, cognitive, and other unique barriers to accessible healthcare.

The Autism Society is working holistically to address health equity outcomes including healthcare, mental health, suicide prevention, employment, and home and community-based services.

*"The different tools used to distract my son made him feel as comfortable and relaxed as possible." — Parent*

6102 Executive Boulevard, Suite 205, Rockville, Maryland 20852 | (800) 322-8476 | info@autism-society.org



**The Vaccine Education Initiative**  
The Autism Society of America created the Vaccine Education Initiative (VEI) to address systemic barriers and promote vaccine education, confidence, and access. Through the VEI, we strive to improve patient and population health by ensuring children, adults, and seniors with disabilities are included and supported.


Our model, with a 99% success rate, has proven to increase accessibility, reduce stress, and improve outcomes. The Autism Society is rewriting the vaccine experience to increase accessibility, reduce trauma, and build connected, supportive, and inclusive communities.

**We Provide:**

- Accessible Vaccine Clinics
- Healthcare Professional Training
- Advocacy
- Accessible Vaccine Kits
- Community Education, Resources, Outreach, and Support

**Connect to our Affiliate Network**  
The Autism Society relies upon the tremendous work and support of our nationwide affiliate network. Get connected to your local affiliate today.

**We Can Help**  
For more information on the Vaccine Education Initiative, please contact [vei@autism-society.org](mailto:vei@autism-society.org)



**HOWARD COUNTY HEALTH DEPARTMENT** **Howard County**  
Office on Aging and Independence

**A Dose of Prevention**  
**65+ Flu Clinic & Health Fair**

**Saturday**  
**October 21, 2023**  
10:00am-2:00pm


**Event Highlights**

- Receive your High Dose Flu vaccination\*
- Learn about the Age-Friendly Action Plan
- Discover benefits of the Go 50+ Fitness Package
- Speak to a Medicare Counselor about your benefits
- Get nutrition education to enjoy healthy snacks

**Ellicott City Fitness Center**  
9411 Frederick Road  
Ellicott City, MD 21042

\*Register for a Vaccine appointment (required):

- Call 410-313-6284
- Visit [bit.ly/HowCoFlu1021](http://bit.ly/HowCoFlu1021)
- Scan the QR code



## 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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### **2024 Quarterly Hybrid Full Coalition Meetings:**

#### [Register](#)

- January 18, 2024 at 8:30 - 10:30am
- April 18, 2024 at 8:30 - 10:30am
- July 18, 2024 at 8:30 - 10:30am
- October 17, 2024 at 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.**

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

[@hclhic](https://twitter.com/hclhic)