

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

July 10, 2025

2:00 PM – 3:00 PM

Virtual via Zoom

Minutes

Co-Chair Present:

Jessica Fisher, Howard County Health Department

Members Present:

Erin Anderson, Howard County Health Department
Alyssa Cuyun, Intern, Family Options Program
Rosemarie Jimenez-Rosales, Howard County Health Department
Natalie Hall, Howard County Health Department
Karen Hull, Howard County Office of Aging and Independence
Genny LaPorte, Howard County Police Department and Grassroots
Debi Lattimer, Moms Demand Action Howard County,
Emily Paterson, Maryland Poison Center
Reena Rambharat, Howard County Health Department
Dr. Cindi Schulmeyer, HCPSS Behavioral Health Services Coordinator
Lauren Soummers, Family Options Program
Lisa B. Terry, HC Office of Veterans & Military Families
Kristen Wheeler, Medpsych Health Services
Eileen Zeller, Moms Demand Action Howard County

Staff Present:

Stephanie Foster, HC Local Health Improvement Coalition
Ashton Jordan, HC Local Health Improvement Coalition
Maribet Rivera-Brute, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome & Ice Breaker, May 1st Meeting Re-Cap, and Announcements	<p>Ms. Jessica Fisher, Suicide Prevention Coordinator, Howard County Health Department (HCHD), called the meeting to order at 2:01 pm. She warmly welcomed all attendees and led an icebreaker activity.</p> <p>Ms. Fisher summarized the May 1, 2025 HMSPC meeting, focusing on community engagement and the need for better resource awareness. She announced that</p>	<p>Members are urged to review the past minutes available here.</p> <p>July Full LHIC Meeting: Click here to register for the July 17th Full LHIC Meeting. 9:00 AM – 11:00 AM.</p>

	<p>Barbara Allen has been appointed as the second co-chair for the Healthy Minds and Suicide Prevention Coalition (HMSPC).</p> <p>Ms. Fisher informed the group about the upcoming removal of option three from the 988 service, which served the LGBTQ+ community, and emphasized the importance of discussing alternative resources.</p> <p>Ms. Eileen Zeller, Moms Demand Action Howard County, emphasized The Trevor Project has been providing suicide prevention crisis services to LGBTQ+ young people since 1998 and will continue to do so, even though the current administration has rescinded federal funding to the Trevor project.</p> <p>The Trevor Project also continues to operate, although it is severely stretched. You can read more in The Trevor Project's press release. There are also ways to help, if you are able.</p> <p>Ms. Fisher will contact Grassroots to find out whether their counselors who answer 988 are still allowed to verbally refer callers to Trevor</p> <p>Ms. Fisher introduced a new dashboard from the Maryland Department of Health that provides real-time data on firearm violence. She also mentioned a gun lock program available at two local libraries (East Columbia and Elkridge locations).</p> <p>Ms. Stephanie Foster updated coalition members about providing a link for HMSPC members to update their contact information. She also announced the Out of the Darkness Walk for Suicide Prevention scheduled for Saturday, September 27, 2025.</p>	<p>Click on the link below for more information regarding the change to 988: https://www.samhsa.gov/about/news-announcements/statements/2025/samhsa-statement-988-press-3-option</p> <p>Click on the links for more information regarding the release of the Preliminary State Plan for a Public Health Approach to Reducing Firearm Violence and the Firearm Violence Data Dashboard.</p> <p>Please take a moment to update your contact information in our HMSPC Workgroup member spreadsheet. You can do so by clicking here.</p> <p>If you wish to be removed from the HMSPC Workgroup listserv, please contact Stephanie Foster at kfoster@howardcountymd.gov.</p>
MD Poison Center Presentation – Emily Paterson	<p>Below is the summary of the key points from Ms. Emily Paterson, Public Education and Communications Manager from the Maryland Poison Center, presentation.</p> <p>She discussed the Maryland Poison Center's services, highlighting their 24/7</p>	

phone line for both the public and healthcare professionals. The center handles approximately 4,000 suspected suicide cases annually, with the majority involving adults aged 20 to 59 and teenagers aged 13 to 19. Data from 2018 to 2024 shows fluctuations in case numbers across different age groups.

Ms. Paterson also identified the top five reported substances for various age groups. Acetaminophen and ibuprofen were most common among children and teenagers, while alcohol was the leading substance for adults, often co-ingested with prescription medications such as benzodiazepines and atypical antipsychotics. The data revealed consistent substance use trends across these demographics.

Regarding medical outcomes for suspected suicide cases, Ms. Paterson noted that most effects are minor, such as upset stomach and drowsiness. Moderate, non-life-threatening effects are also observed. Major effects and fatalities are rare, particularly in younger individuals, with an average of 13 deaths per year, primarily among adults aged 20 to 59.

For Howard County, Ms. Paterson shared that case volumes are influenced by population size, with Baltimore City having the highest call volume. In 2024, Howard County recorded 207 cases, with a notable number among 13 to 19-year-olds, which was higher than adult cases until recently—a trend unusual compared to other areas in the state.

Ms. Paterson also emphasized the center's involvement in suicide prevention and the importance of medicine safety at home. She discussed the risks of accessible excess medications and alcohol,

	<p>advocating for secure storage. She also stressed the need to educate families about self-medication risks among teens and to encourage open discussions about safe medicine use.</p> <p>Finally, Ms. Paterson presented data on poison cases, highlighting trends and severity across age groups. She addressed questions about the absence of cannabis information on their dashboard and offered to connect individuals with the managing director for data requests. She also shared insights on the challenges of building trust within the Hispanic community regarding poison control services.</p>	
Announcements from Coalition Member	<p>Coalition shared announcements of from their organizations:</p> <ul style="list-style-type: none"> • Lisa Terry from the Howard County Office of Veterans & Military Families shared details about the Veterans Small Business Expo. It will take place on September 27, from 12-4 PM, at the Maryland Innovation Center (6751 Columbia Gateway Drive, Columbia, MD 21046). The expo will feature various activities and vendors, and veteran-owned businesses are encouraged to participate. Vendor applications are currently being accepted. • Eileen Zeller from Moms Demand Action Howard County announced that Moms Demand Action will host a volunteer meeting in August, focusing on gun violence. This meeting will include members of the HCPD Community Outreach Division. More information will be shared closer to the event date. • Ashton Jordan (AJ), LHIC Community Engagement Coordinator, encourages members to contact him if they are planning any Walktober events for the month of October. 	

Next Steps & Wrap-up	<p>Ms. Fisher announced the next HMSPC Workgroup meeting will be held on September 8th from 11 am to 12 pm. This will be a hybrid meeting, with the option to attend in-person at the HCHD, Heroes A Conference Room, or online via Zoom.</p> <p>Ms. Fisher also encouraged Coalition members to come prepared to discuss community engagement and other opportunities at the September 8th meeting.</p> <p>Ms. Fisher concluded by thanking everyone for their attendance and wishing them well. The meeting was adjourned at 3:03 pm.</p>	
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Respectfully submitted by

Ms. Stephanie Foster

Community Engagement Coordinator

Howard County Local Health Improvement Coalition



To access a list of community events posted on the LHIC Calendar, scan the QR Code above!