



Howard County Local Health Improvement Coalition

Growing Healthy Families Workgroup Meeting

February 12, 2025

2:00 pm – 3:00 pm

Virtual via Zoom

Minutes

Members Present:

Samantha Cribbs, HC Health Department, Co-Chair
Erin Anderson, HC Health Department
Dr. Marilyn Berchie-Gialamas, Trinity Wellness
Marsha Dawson, HC Office of the Local Children's Board
Allison Houle, Howard County Health Department
Nayanie Henríquez, HC Health Department
Tricia Mangold, Howard County Health Department
Ilise Marrazo, HC Health Department
Reena Rambharat, HC Health Department
Lauren Soummers, HC Health Department
Erica Taylor, HC Office of Children and Families
Patrice Tucker, United Healthcare Community Plan
Tamala Reid, Howard County Health Department

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 and Introductions	Ms. Stephanie Foster called the meeting to order at 2:00 pm, welcomed members, invited everyone to introduce themselves via the chat, and provided a recap from the November 13, 2024 meeting.	LHIC's website: https://www.hclhic.org/ Email LHIC with any other announcements or questions: lhic@howardcountymd.gov
Black Maternal Health Week Planning	<p>Ms. Samantha Cribbs gave an update regarding the Black Maternal Health Week (BMHW) event. The event will take place on April 26th at Miller Library (Ellicott and Patapsco Rooms), that will accommodate up to 130 attendees. The extended hours from 10 am to 4 pm aim to enhance organization and engagement.</p> <p>Planning for the event is progressing, with monthly meetings scheduled leading up to the event.</p> <p>The agenda for the BMHW event will include the panelists, breakout groups, and wellness services such as massages and yoga. Efforts are underway to recruit organizations to participate and table at the event, with outreach already initiated.</p>	Access previous meeting minutes: https://www.hclhic.org/home/meeting/2024?catelid=366
Women's Health Focus Groups and Doulas Pamphlet	<p>Ms. Cribbs discussed creating focus groups for Women's Health which will be organized, specifically targeting Black birthing individuals with infants aged zero to three.</p> <p>Ms. Cribb also acknowledged the need for better community education regarding doulas, noting that many people lack a clear understanding of their roles. She proposed distributing a doula pamphlet and promoting the Perinatal Equity and Care for Everyone (P.E.A.C.E.) program, and creating a materials order form for organizations to request educational resources about Doulas and the services provided at HCHD.</p> <p>Ms. Cribbs shared a sample of the doula pamphlet and the order form for various educational materials, including posters and brochures, and suggested a mailing schedule for distribution of information and the focus would be to make these resources available to community organizations, particularly for providers who need to order tests related to</p>	Please visit the LHIC Growing Healthy Families webpage and send any updates needed to kfoster@howardcountymd.gov

	<p>blood lead levels.</p> <p>Ms. Cribbs discussed the idea of adding a request section to a form for presentations and events related to doulas. Group members also recommended connecting with Howard County Family Child Care Providers to promote services, noting that these providers often engage with expectant parents.</p> <p>Other members agreed and highlighted the goal of increasing targeted outreach to specific providers and groups during the spring and summer.</p> <p>Lastly, Ms. Cribbs introduced Tamala Reid, who is the new Doula Coordinator at Howard County Health Department, who will be assisting with the professional development for doulas.</p>	
<p>Healthy Beginnings Roundtable Overview and Recap</p>	<p>Ms. Maribet Rivera-Brute, Director of the Howard County Local Health Improvement Coalition (HCLHIC), discussed the ongoing development of the Community Health Improvement Plan (CHIP) and gave an overview of the Healthy Beginnings Roundtable meeting that was held on January 9, 2025.</p> <p>In addition, Ms. Rivera-Brute informed the group about the upcoming Community Roundtable sessions that are scheduled to take place in March 2025 and acknowledged strategies for community engagement and resource distribution.</p>	
<p>Cultural Awareness/Maternal Health Training/Doulas Professional Development Toolkit</p>	<p>Ms. Erica Taylor, Howard County Office of Children and Families, invited the group to share their training needs and suggestions for creating a toolkit aimed at addressing professional development opportunities available through the Office of Children and Families.</p> <p>Ms. Nyanie Henríquez, Perinatal Care Navigator (P.E.A.C.E.), acknowledged the lack of awareness surrounding pre and post eclampsia and the importance of maternal mental health resources and shared with the group a personal experience with a client.</p> <p>Dr. Marilyn Berchie-Gialamas, Trinity Wellness, added that many postpartum women are at a loss when scheduling a follow-up appointment after giving birth, and stressed the need for training non-</p>	

	<p>OB providers on maternal warning signs and mental health issues. In addition, both Ms. Henríquez and Dr. Berchie-Gialamas acknowledged the need for education and support for postpartum mothers.</p> <p>Ms. Reid discussed the anxiety new parents experience during the cold and flu season, particularly regarding their ability to assess their baby’s health and when to contact a doctor. Group members suggested that more parental classes should be offered post-birth to help parents understand what to look for and when to seek help, as well as noting the importance of establishing a relationship with pediatricians to alleviate fears of bothering them with questions.</p> <p>Other suggestions included emphasizing the importance of planning a Black Maternal Health Week event and proposed a virtual series to complement this year’s event, along with archiving relevant resources on the LHIC website.</p> <p>Lastly, Ms. Taylor invited the group to reach out to her with additional topics for discussion.</p>	
<p>Wrap up and Next Steps</p>	<p>Ms. Foster concluded the meeting with reminders regarding upcoming events, expressed appreciation for the contributions of all participants, and announced the next meeting is scheduled for May 14th at 2pm via Zoom.</p>	<p>Email lhic@howardcountymd.gov with any questions.</p> <p>Minutes will be posted: http://www.hclhic.org/</p>

Respectfully submitted by:
Ms. Stephanie Foster
Community Engagement Coordinator
Howard County Health Department