



Howard County Local Health Improvement Coalition

Full LHIC Meeting Minutes

October 17, 2024, 9:00 am – 11:00 am

Hybrid – In-person (Heroes Room) & Virtual (Zoom)

Minutes

Members Present:

Miriam Anderson, Howard County Health Department
Jeannie Andrews, The Healthy Church / Community Member
Margia Ahmed, Howard County Health Department
Kelly Arthur, Qlarant
Linda Ashburn, Howard County Health Department
Erin Ashinghurst, Accessible Resources for Independence (ARI)
Kristie Barron, University of Maryland Medical System
Merasha Baikley, La'Vida Doula
Marilyn Berchie, Trinity Wellness
Daniel Besseck, Howard County Fire and Rescue
Bernadette Bindewald, Howard County Health Department
Shannon Blount, Howard County Public School System
Amelia Brandt, CareFirst BlueCross Blue Shield
Andrea Bryant, Howard County Office on Aging and Independence
John Boyle, Restorative Counseling & Wellness Center
Matthew Castner, Johns Hopkins Howard County Medical Center
Shakia Colbert, CareFirst BlueCross BlueShield
Samantha Cribbs, Howard County Health Department
Johnia Curtis, Howard County Health Department
Rachel Filar, Howard County Office on Aging and Independence
Jessica Fisher, Howard County Health Department
Connie Ford, Howard County Health Department
Katrina Fowlkes, Just Breathe Consulting and Nursing LLC
JaKaiya Frisby, American Lung Association
Natalie Hall, Howard County Health Department
Shannon Harris, Howard County Health Department
Nyanie Henriquez, Howard County Health Department
Meredith Hochman, Central Maryland Area Health Education Center
Emily Hodson, Chase Brexton Healthcare
Loretta Hoepfner, American Academy of Pediatrics
Jennifer Holland, Horizon Foundation
Lois Joellenbeck, Howard County Health Department
Maria Jose Candanoza, Howard County Health Department

Cindy Li, Howard County Health Department
Sonya Lloyd, Howard County Health Department
Emily Luyo, Priority Partners
Jeanette Nazarian, Johns Hopkins Howard County Medical Center
Lauren McGee, Chase Brexton Healthcare
Melissa Melton, YoungLives
Christina Miller, Johns Hopkins Howard County Medical Center
Nancy Moreno, Howard County Health Department
Kristine Nellenbach, Maryland Center for Developmental Disabilities
Sunyoung Nicolas, Howard County Health Department
Marlene Orantes, University of Maryland Horowitz Center for Health Literacy
Beatrice Osei-Amoh, African Immigrants Dream Inc.
Crystal Pope, Johns Hopkins Howard County Medical Center
Emily Paterson, Maryland Poison Center
Tavia Patusky, Columbia Association
Octavia Peterson, America Heart Association
Victoria Rain, Hope Works of Howard County
Reena Rambharat, Howard County Health Department
Stephanie Reid, Howard County Health Department
Maribet Rivera-Brute, Federation of American Societies for Experimental Biology (FASEB)
Estefani Romero, Aetna Better Health of Maryland
Sandy Roschli, Community Health Worker
Michelle Rosenfeld, Howard County Office on Aging and Independence
Maura Rossman, Howard County Health Department
Joan Webb Scornaienchi, HC DrugFree
Carrie Singley, Johns Hopkins Howard County Medical Center
Sarah Sherry, Community Member
Sadija Smiley, Stillborn and Infant Loss Support-SAILS
Darshal Smith, Dee the Doula Maternal & Holistic Wellness Services
Lauren Soummers, Howard County Health Department

Jennifer Kim, Johns Hopkins Howard County Medical Center
 Janet Jones, Qlarant
 Safa Khatoon, Johns Hopkins Howard County Medical Center
 Rachel Krug, University of Maryland Medical System
 Rachel Krut, Johns Hopkins Howard County Medical Center
 Kelly Kryspin, Autism Society of Maryland
 Julie Kwedar, Maryland Highway Safety Office
 Jenifer Lee, Howard County Office on Aging and Independence
 Kathy Lee, Howard County Department of Community Resources and Services
 Vanda Lerdboon, Howard County Health Department

Lisa Starkey, Ascension St. Agnes
 Allison Tillman, Bayada Home Health
 Amanda Toohey, Johns Hopkins Howard County Medical Center
 Patrice Tucker, United Healthcare Community Plan
 Antigone Vickery, Howard County Health Department
 Chyn e Vicks, Howard County Health Department
 Amanda Vu, University of Maryland (UMD) Horowitz Center for Health Literacy
 Kerry Wargo, Community Member
 Matt Wilson, Howard County Health Department
 Eileen Zeller, Howard County Moms Demand Action for Gun Sense in America

Staff Present:

Stephanie Foster, HC Local Health Improvement Coalition
 Ashton Jordan, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
<p>Welcome and Introductions</p>	<p>Reena Rambharat, Deputy Director of the Bureau of Assessment, Planning and Community Engagement of the Howard County Health Department (HCHD), commenced the meeting, thanked those who attended in person and gave details for the goals of this meeting.</p> <p>Dr. Maura Rossman, Health Officer of the Howard County Health Department (HCHD) and the co-chair of the Howard County Local Health Improvement Coalition (LHIC), welcomed attendees.</p> <ul style="list-style-type: none"> • Expressed her delight regarding on the amount of people who attended the meeting virtually and in person. • Announced that State of Maryland Health Officials have applied to be among the first participants in the new federal ‘AHEAD model’ program, which will help fund state initiatives to improve patient outcomes and bridge inequities, while constraining hospital and medical costs. • Acknowledged that LHICs in the state may have a role in the ‘AHEAD Model’ and will keep everyone updated in future LHIC meetings. • Reminded everyone that October is Breast Cancer Awareness Month and emphasized the importance for people to make mammogram appointments. • Acknowledged that it’s Walktober and encouraged folks to get outside and walk while the weather is still nice and to participate in the all the Walktober events. • Encouraged everyone to get vaccines for the Flu and COVID. 	<p>Members are urged to review the past minutes and presentations available at: https://www.hclhic.org/home/MeetingYears/1</p> <p>For additional information or questions contact lhic@howardcountymd.gov</p>



	<ul style="list-style-type: none"> Announced Dr. Emmanuelle Noar Mary will be the HCHD's new Public Health Physician, who will oversee the Reproductive Clinic. <p>Dr. Jeanette Nazarian of Johns Hopkins Howard County Medical Center (JHHCMC) and co-chair of LHIC joined was also pleased to see the number of attendees at the meeting. She also mentioned the 'AHEAD Model' and how the reimbursement system in Maryland is "unique" and expressed the amount of pressure on hospitals to continue to provide care at a lower cost at the same level of care, and how she's grateful of all the work everyone is doing in the community and partnerships.</p> <p>In addition, Dr. Nazarian gave an update on the IV fluid crisis that has continued to evolve. JHHCMC currently is in good shape as far as IV fluid supply and have no plans to shut down or close Operation Rooms. The plant in North Carolina that supplies IV fluids to JHHCMC was destroyed by Hurricane Helene and company has been unable to contact all their 2500 employees who work at the plant (600 employees are still unaccounted for).</p> <p>Ms. Rambharat thanked Dr. Rossman and Dr. Nazarian and provided updates:</p> <ul style="list-style-type: none"> Introduced Stephanie Foster as the new Community Engagement Coordinator, who started on Oct. 16th. Announced the new LHIC director will start on Oct. 30th. 	
<p>Presentations</p>	<p>Falls Prevention Community Initiatives Presenters:</p> <p>Dr. Kristie Barron, PT, DPT, Injury Prevention Coordinator and Rachel Krug, Community Outreach Coordinator – R. Adams Cowley Shock Trauma Center, University of Maryland Medical System</p> <p>Dr. Barron began her presentation, outlining the reasons for admission to the R. Adams Cowley Shock Trauma Center (STC) and information on STC programs related to Motor Vehicle Accidents, Falls, Violence, Teen Trauma Prevention and Concussion/Head Injury Teen Talk:</p> <ul style="list-style-type: none"> STC provides resources on-site and in the community (Schools, Community centers, Senior centers, Summer camps, and Health fairs/exhibitions). Gave an overview of statistics for the reasons why falls has been the number one reason for admission to STC for FY24 (42% of admissions for falls). Acknowledged of 5,858 total admissions to STC in FY24, 327 patients were from Howard County, 154 of those admitted were 	<p>Dr. Kristie Barron email and phone number: kristin.barron@som.umaryland.edu and (410) 706-7720.</p>

- due to falls (ages ranged from 57-85; most impacted areas were Columbia and Ellicott City; 60% were male, 40% were female).
- Majority of all STC falls admissions occur at home, are ground-level falls and the average age is 64.
 - STC brings evidence-based programming into the community via groups and/or organizations.
 - Shared their scope and goals are to educate the public, decrease the number of falls-related admissions to Shock Trauma, promote health and wellness and to keep Marylanders safe.
 - Presented details about their one-hour classes that are geared towards older adults and taught by a Shock Trauma expert.
 - Shared STC staff which consists of occupational therapist, physicians, and Nurse practitioners.
 - Highlighted all the outreach programs/events scheduled for FY24.
 - Acknowledged trainings and programs in place at Shock Trauma to assist with diverse populations. Materials provided are translated in Spanish and provides kits with headphones and an interpreter that translates verbal instructions in real-time during classes and/or events for non-English speaking patients.

**Daniel Besseck, MHA, Paramedic/Firefighter,
Howard County Fire and Rescue, Mobile Integrated Community Health Program (MICH)**

Mr. Besseck has been working for the Howard County Fire Department for 14 years and is the coordinator of the Mobile Integrated Community Health Program (MICH), a program that connects residents, who frequently use emergency services, with community resources and medical programs to reduce the number of 911 calls.

MICH Services consist of:

- Making home visits to assess health, living environment and needs, as well as referrals to community resources.
- Gives education about medical conditions, fall risk assessments, home safety checks, nutrition status, social support evaluation, and substance use risk analysis.
- The team includes a fire department paramedic, a registered nurse, and clinical social worker.

Mr. Besseck presentation gave an overview on statistics of the average age of Howard County residents, spanning from 1998 to 2030, and acknowledged that by 2023 the 85+ population in Howard County will be more than double to 9,700 residents:

- Gave examples of how MICH has helped residents in the community that have frequently called 911 for falls and deal with managing chronic medical conditions.

For more information about the Mobile Integrated Community Health Program (MICH), click [here](#) or call 443-262-4507.



- Provided statistics on the number of 911 calls received within a six month period, that related to mobility impaired, homebound, socially isolated, and lacked resources in their environment.
- Described the Case Conference and how it can be used for information sharing of clients and the benefits of having the partnerships between Howard County Fire & Rescue, John Hopkins Howard County Medical Center, Howard County Department of Aging and Independence, and HCHD to help residents in the community.
- Gave a financial summary showing the decrease in healthcare costs for client post-MICH graduation.
- Acknowledged that since the creation of MICH, Howard County Fire Department now have resources and/or programs to offer residents in need of help are able to provide another layer of support for people who are falling through the cracks.
- Expressed gratitude regarding the success stories of patients enrolled in MICH and how they are currently helping residents with assessing their homes for safety and environmental conditions and connecting them with government and non-government programs and services.
- Gave an detailed examples of MICH programs/projects have helped residents who made numerous 911 calls due to falls, and how MICH and CHWs worked together to find simple solutions in the home to prevent falls in the future and connect residents with resources outside of the home to help residents gain independent lifestyles.
- Spoke on how MICH engages with assisted living facilities and they conducted door-to-door canvassing of occupational therapists, social workers, and of nurses, making them aware of resources and services MICH provides to reduce to amount of falls.
- Provided detailed information regarding home visits:
 - Conducted primarily between Mondays-Fridays between 9am-1pm.
 - Initial visits occur between a paramedic and Community Health Workers (CHW)
 - Subsequent visits will be scheduled by the needs of clients.
- Provided information on the requirements for MICH and the services Community Health Workers (CHW) give patients inside the home and how are vital CHWs are to the MICH program
 - Residents must be 18 years old and a Howard County resident.
 - Doesn't generally work with residents in assisted living or skilled nursing facilities but have tried to coordinate assisted when needed.

	<ul style="list-style-type: none"> ○ MICH refers patients to an Ombudsman to find resources that may help. ○ CHWs bring the knowledge of longitudinal resources available to residents of the community and are comfortable to reaching out to professionals when seeking assistance (doctors offices, Department of Social Services, etc.). ○ Acknowledged MICH loves working with CHWs and the collaboration has made a for a wonderful partnership. 	
<p>Presentations Q &A</p>	<p>Ms. Rambharat opened the floor for questions.</p> <p>Dr. Rossman thanked all the presenters for their presentations and wanted clarification on if the data presented for the number of falls from Shock Trauma, were from private residences or facilities.</p> <p>The information in Mr. Besseck’s presentation focused on facilities so Dr. Rossman assumed a large percentage of the falls from seniors were based on facilities versus private residences:</p> <ul style="list-style-type: none"> ● Mr. Besseck acknowledged the information presented focused on facilities and gave examples of data collected regarding specific assisted living facilities. ● Provided additional information regarding a senior apartment complex (rent-controlled), which has 100 residents, and reported 137 falls in 2023, involving 60 unique patients. ● Acknowledges that smaller percentages of populations are accounting for a higher percentage of the falls, and congregated living seems to be one of the common threads of where they are falling. ● Dr. Barron added that they are working on breaking down their data for percentages of falls and it’s a painstaking process. Often, they are making assumptions when coding the data for their reports. <p>Additional questions were asked if the data presented were from all falls in Howard County or just those that were physically injured from a fall. Mr. Besseck acknowledged the data is from medical reports that were completed, and vast majority are from JHHCMC.</p> <p>In addition, Mr. Besseck also expressed his concern with the amount of miseducation that has caused a lot of animosity and hurt feelings in the community over the years and is aware of improvement needed to build a better understanding and awareness within the community.</p> <p>Dr. Rossman appreciated both MICH and Shock Trauma efforts in collecting and coding the data and realizes the effort is challenging. Attendees expressed concerns regarding finding help for patients/clients and are facing an uphill battle with finding resources and programs to</p>	



	<p>help residents who have fallen in assisted living facilities, and difficulty in handling patients with dementia when trying to prevent falls.</p> <p>All the presenters and attendees agreed more work needs to be done to assist those who are housed in assisted living facilities and provide education awareness of resources available to prevent falls in the future.</p> <p>Ms. Rambharat provided information about Accessible Resources for Independence programs that could support people with disabilities, building ramps, give people the options to try out assistive technology, and/or possibly offer modifications to their homes in Howard County.</p> <p>Stephanie Reid, HCHD Bureau of Behavioral Health, asked if the MICH program has the capacity to accept students into their program.</p> <ul style="list-style-type: none"> • Mr. Besseck acknowledged students have participated in the in-house paramedic program for Howard County’s Fire and Rescue. • Students have ridden along with CCP and John Hopkin Howard County Medical Center’s (JJHMC) Community Care team. • Mentioned the magnet program for Howard County Public School (HCPSS) students and the EMS program for high school students. • Acknowledged HCPSS has created a partnership with CHWs which allows five high school seniors to participate in a CHW certification program. <p>Ms. Rambharat thanked all the presenters for sharing their information about a very important topic and for the great discussions and participation during the meeting.</p>	<p>Accessible Resources for Independence also has Assistive Technology (AT) Programs that could support people with disabilities by loaning a ramp, giving people the option to try out assistive technology, or possibly getting modifications to their apartment in Howard County. If interested in AT, contact Betsy at 443.713.3910 or bhein@arinow.org. www.arinow.org</p>
<p>CHIP Strategic Plan Updates</p>	<p>Ms. Rambharat gave an overview of the FY 26-28 Community Health Improvement Plan (CHIP) and the status of stages of the planning process.</p> <ul style="list-style-type: none"> • CHIP is the Community Strategic Plan and will be completed and finalized in July 2025. • Will be using the Mobilizing of Action through Planning and Partnerships (MAPP) Framework • Phase One is called Build the Community Health Improvement Foundation and Ms. Rambharat will be the chair of the committee. The topic of fall preventions is an area of concern and will be addressed in the CHIP. • Phase Two involves “Telling the Community Story” and will be reviewing all the data sources in existence with the help of our 	

	<p>epidemiology team, who conducts extensive review of all the data and will be presented in December.</p> <ul style="list-style-type: none"> • Based on the data received, will check of any issues and/or information that stands out and needs addressing, checking with the work groups meetings, creating a root cause analysis to address any issues and develop solutions. • Conduct community input sessions based on focused and targeted data, determine what is missing, discover other populations to focus on, and begin community discussions to allow input and feedback from those communities. • Phase Three involves having continuous improvement in the community. The steering committee will review all the issue profiles, identify the assets in, and report any feedback from the community. • Feedback will be gathered in the April 2025 coalition meeting, and the process of voting and finalization will take place in May and June 2025. • Ms. Rambharat would appreciate members considering being a part of the steering committee, and/or joining various work groups to share feedback during the process, as well as participating in the Full LHIC meeting. • The final CHIP Strategic Plan will be presented at the July 17, 2025 Full LHIC Meeting. • The CHIP Strategic Plan will be aligned with the Hospital Community Health Needs Assessments (CHNA) and Maryland Department of Health (MDH) State Health Insurance Assistance Program (SHIP) <p>Matt Castner from John Hopkins Howard County Medical Center (JHHMC) acknowledged the hospital also has the same every three-year timeframe for CHNA and has a similar exercise as far as assessing what the needs in the community are, how JHHMC can meet those needs. JHHMC will be doing their own data collection, and the process must be completed by mid-March 2025. Mr. Castner looks forward to working with Ms. Rambharat to align the priorities in the community.</p>	<p>If you are interested in joining the Steering Committee, please email us at LHIC@howardcountymd.gov</p>
<p>Announcements Next Steps & Wrap-up</p>	<p>Chyn�e Vicks, Howard County Health Department, who oversees the Community Health Workers Network at HCHD, shared that funding was approved to support the Community Health Workers Network and introduced the Community Health Workers during the meeting. They were hired after the July Full LHIC meeting and added they are doing a fantastic job and expressed her gratitude to have them on board, their service, and willingness to help within the community.</p>	<p>Diaper Giveaway: https://www.howardcountymd.gov/peace-project</p> <p>Doulas & Dads: bit.ly/DoulaAndDad</p> <p>CareFirst Cares: Doula Meet & Greet:</p>



	<p>Jessica Fisher, Howard County Health Department, and the lead on the Howard County Crisis Center Mapping Team, which addresses suicide prevention for service members, veterans and their families in Howard County shared information about the Safe Firearm Storage Workshop taking place on Tuesday, Oct. 29th, 6:30-8pm, at the Harriet Tubman Cultural Center Multipurpose Room.</p> <ul style="list-style-type: none">• Mentioned free gun locks will be available to those who are interested, and the event is free to the public with no registration required.• Emphasized the importance of this workshop, helping to encourage safe firearm storage, raising awareness of suicides involving firearms, and providing actual practical tools that people can use to keep themselves and others safe. <p>Ms. Rambharat shared details about the following events on the slides and in the chat box.</p> <ul style="list-style-type: none">• Older Adult Mental Health Forum• Flu Shot information, HC DrugFree Medication & Sharps Disposal <p>Samatha Cribbs provided an update on the Doulas & Dads, perinatal education event. The Howard County Office of Children and Families Family Support Center and HCHD are partnering to provide information.</p> <p>The first event was scheduled on Oct. 10th, focusing on the prenatal period and how doulas and dads can work together to prepare and support their partners while in early labor at home and in the hospital. Seven families have registered with four families attending and was pleased with the feedback. Dinner was provided, along with giveaways and freebies to families who attended.</p> <p>The next event is scheduled on Oct. 24th, which will focus on infant care and paternal/maternal mental health in the post-partum period and beyond. Registrants did not have to attend both sessions to participate.</p> <p>Lastly, Ms. Cribbs announced lead-free education materials are available through the Lead Prevention Program at HCHD. Case management is provided for all children in Howard County who have found to have elevated blood levels of lead in their systems. Please Note: Lead testing isn't provided at HCHD. The clinic provides education for those who have been diagnosed with high lead levels and has provided information packets to daycare facilities in the county, which contains posters and cards that discuss the dangers of lead.</p>	<p>https://www.eventbrite.com/e/carefirst-cares-doula-meet-greet-tickets-1007932131137?aff=pdfinvite</p> <p>Walktober: https://www.howardcountymd.gov/walktober</p> <p>Older Adult Mental Health Forum: https://bit.ly/HoCo-OAIMentalHealthForum24</p> <p>Flu shot information: https://www.howardcountymd.gov/health/seasonal-flu</p> <p>HC DrugFree Medication & Sharps Disposal: http://www.hcdrugfree.org/drug-take-back-day-1/</p> <p>HC DrugFree Free Classes for Parents/Guardians & Grandparents - Registration Fall 2024 https://www.surveymonkey.com/r/ParentClassFall2024</p> <p>Safe Firearm Storage Workshop: https://www.howardcountymd.gov/health/suicide-prevention</p> <p>Child Lead Poisoning Education materials: Testing requirements are children must be 12 or 24 months of age and the kits can be ordered free of charge. Click here for more information regarding the Childhood Lead Poisoning Educational materials and contact HCHD at</p>
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	<p>Shakia Colbert, CareFirst BlueCross BlueShield, shared CareFirst is in the process of scheduling a meet and greet for Doulas and CareFirst to provide a platform to help Doulas have a better understanding on how to work with CareFirst regarding questions about billing, and other issues they may have.</p> <p>Ms. Colbert added this will be a great opportunity to meet and connect Doulas with those in charge and ask those difficult questions and create best practices.</p> <p>Ms. Rambharat shared information about the 5th Annual Walktober and hope everyone has seen the emails that have gone out about the promotions and announcements of Walktober activities and events.</p> <p>Ms. Rambharat also shared her amazement of how the number of events posted on the LHIC calendar has increased over the years:</p> <ul style="list-style-type: none"> • Acknowledged the number of partner events listed on the LHIC calendar: <ul style="list-style-type: none"> ○ In 2022 held 22 events, and 2023 held 47 events ○ Announced LHIC currently has 71 events posted on the LHIC calendar • Opened the floor for additional announcements before wrapping up the meeting. <p>Ms. Rambharat announced the next hybrid full coalition meeting will be held on January 17th at 9:00am and the posting of meeting recordings and minutes on the website.</p> <p>Ms. Rambharat adjourned the meeting at 11:46 am.</p>	<p>410.313.7500, 1.866.313.6300 (toll free), or email askhealth@howardcountymd.gov for questions.</p> <p>Sponsored by Pathfinders for Autism and AUSOM:</p> <p>Charting the Life Course: THE GOOD LIFE VISION - Purpose: Enhance and expand planning for students with disabilities from age 14-21. For: Parents of children with disabilities ages 14-21.</p> <p>Presented by Beth Benevides, Hussman Institute for Autism, Charting the Life Course Ambassador SUNDAY, Oct 27th from 9:00am-11:30am Free In-Person Event! Registration required: https://autismsocietymd.org/event/charting-the-lifecourse/</p> <p>Members are encouraged to review the minutes from Full HCLHIC and HCLHIC Work Group Meetings on the website under meeting portal: https://www.hclhic.org/home/meetingportal</p> <p><i>2025 Quarterly Full Coalition Meetings:</i> Register</p> <ul style="list-style-type: none"> • January 16, 2025 at 9:00 - 11:00am
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Respectfully submitted by
Stephanie Foster
Community Engagement Coordinator
Howard County Local Health Improvement Coalition