

## WELCOME! We Will begin shortly!!

**All participants are muted upon entry.**



**Please use the Chat Box to submit questions and share announcements.**



**Please raise your Virtual Hand before unmuting to speak.**



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**Howard County Local Health Improvement Coalition**

**Full Coalition Meeting**

January 15, 2026

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## GOAL & AGENDA

**GOAL:** Present about Stillborn And Infant Loss Support (SAILS) program and services offered to Howard County community members and share progress updates on Community Health Improvement Plan.

**AGENDA:**

- A. Welcome Remarks & Introductions
- B. Stillborn and Infant Loss Support (SAILS)
- C. Women, Infant, and Children (WIC) Updates
- D. HCLHIC Workgroup Updates
- E. Member Announcements, Resource Sharing, and Networking
- F. Next Steps and Wrap-up

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## WELCOME & OPENING REMARKS

# Welcome

New Members and Guests

### Opening Remarks:

Howard County Health Department &  
Johns Hopkins Howard County Medical Center

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**Stillborn and Infant Loss Support (SAILS)**

Sadija A. Smiley  
Founder and CEO

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*Serving Parents, Family and Friends, and Practitioners*

Stillborn  
And  
Infant  
Loss  
Support

A community that helps families and practitioners  
get back to wholeness with love and support.

Stillborn And Infant Loss Support  
SAILS

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## Content

- Why SAILS?
- Our History
- Organization Overview
- Programs & Services
- Referral Process
- *Ways to Support*
- *Q&A*



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## Why SAILS?

Many women who become pregnant in the U.S. today deliver healthy babies, but that's little consolation for those who lose their babies during pregnancy or in the first weeks or months of their babies' lives.

Every year in the US about 21,000 babies are stillborn. In the state of Maryland over 550 babies are stillborn. Parents who lose a baby during pregnancy or infancy need to grieve their loss, but often friends and relatives may not understand how deeply they've been affected by what has happened.

We believe that it is essential to create a nurturing and empathetic environment where families and individuals feel heard, valued, and empowered to navigate their grief journey with dignity, compassion, and hope.



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## Our History

After the heartbreakin loss of her daughter, Ivyanna Salene, who was stillborn at 36 weeks pregnant, Sadija A. Smiley founded SAILS in 2017 on Ivyanna's 14th Heavenly Birthday. Ivyanna's name, meaning "heartbeat," symbolizes the enduring legacy of love and hope that continues to inspire our work.

Initially established in the humble setting of the Founder's basement, SAILS officially received its 501c3 status in May of 2019.

On November 13, 2020, a significant milestone marked our journey as SAILS transitioned to its official office space, symbolizing not only physical expansion but also a deepening commitment to serving our community with compassion and excellence.



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# Organization Overview

## Logo

Our logo, crafted in the form of a sailboat, symbolizes our commitment to guiding families through the tumultuous waters of grief on their journey towards healing. At the forefront of our emblem, the silhouette of Ivyanna Salene, our Founder's Angel Baby, graces the headsail, serving as both inspiration and driving force behind Stillborn And Infant Loss Support. Just as a sail catches the wind and propels a boat forward, we strive to uplift and empower those navigating the profound pain of stillbirth and infant loss. Through our emblem, we express solidarity, compassion, and hope as we navigate this journey together.



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# Organization Overview

**Mission:** To improve the mental health and well-being of families who experience miscarriage, stillbirth and other pregnancy losses through community building, education, mentorship and support groups.

**Vision:** No family grieves alone!

**Strategic Area:**

- Emotional & Tangible Support
- Building Community
- Raising Awareness

**Who We Serve:**

Our service area is the state of Maryland, with a focus on Anne Arundel, Howard, Montgomery and Prince George's Counties.



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# Organization Overview



## OUR VALUES

*We recognize that each person is unique and that they change over time, as do their family systems and sources of support. Our values guide our behaviors as we pursue our mission and strategic goals.*

**Compassion**- *We are committed to showing kindness and empathy through our actions.*

**Advocacy**- *We stand as champions for families and individuals with passion and purpose, knowing our work is more significant than ourselves.*

**Excellence**- *We believe in setting the standard in everything we do, and we strive to deliver the very best.*

**Integrity**- *We believe in the power of our words and actions to create a trusting and inclusive environment.*

**Collaboration**- *Positive relationships and partnerships with the families and individuals we serve, other organizations, and each other will allow us to achieve greater success.*

**Community**- *We value the healing and transformative power of community.*



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## Programs & Services

- **Pathways to Healing** – Grief support
  - Monthly support circles
  - Keepsake boxes
  - Remembrance tokens
  - Financial assistance
- **Healing through Education** – Training
  - Professional webinars
  - Community workshops
  - Resource Development
- **Healing through Community** – Awareness
  - Community Events
  - Volunteer projects
  - Awareness campaigns
  - Partnership opportunities



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# Referral Process

- Visit our website
- Complete the short online referral form
- Submit the form directly online
- SAILS contacts the referred individual within 2–3 business days



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

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## Ways to Support

- **Attend Our Events**
  - Nurture the Whole You – Rockville, MD **2/7/26**
  - Raising the SAILS Gala – Beltsville, MD **3/28/26**
  - Black Maternal Health Week – Laurel, MD **4/11/26**
- **Follow and share SAILS**
  - @bornintosilence
  - Help amplify our reach
  - Collaborate on a community event
- **Donate**
  - Make a one-time or recurring contribution
  - Sponsor a program, event, or in-kind need
- **Volunteer your time or skills**
  - Support events or outreach
  - Share professional skills



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## Women, Infants, and Children (WIC) Updates

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WIC Director, Howard County

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Howard County Health Department

Tabita McKenzie, RDN, LDN  
WIC Director



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## In This Presentation

- What is WIC?
- Who gets WIC?
- How do we use WIC?



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## WHAT IS WIC? – Special Supplemental Nutrition Program for Women, Infants, and Children

- WIC is a program of the US Department of Agriculture (USDA).
- Provides direct nutritional supplementation\*, nutrition education and counseling, breastfeeding education and support, and referrals to healthcare and social services\*.
- About 130,000 Marylanders receive WIC benefits each month.
- WIC program is run by States and territories. Clinics are run by local agencies and non-profits.

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## WIC is Good For People

- WIC is one of the most studied federal food and nutrition programs
- Over 50 years, WIC has led to
  - Lower infant mortality
  - Improved pregnancy outcomes
  - Greater use of healthcare services



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## WIC PROMOTES HEALTH AND HEALTHCARE SAVINGS

- Promoting and achieving healthy birth weight helps to ensure normal growth for infants and saves healthcare dollars. WIC participation is beneficial to mothers and infants, reducing medical costs.
- Lower Medicaid costs have been associated with prenatal participation in the WIC Program, along with improved birth outcomes
- Improved birth weight has been positively associated with WIC infant participation

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## WHO CAN GET WIC

- Pregnant and Post Partum People
  - Pregnant and up to 6 weeks after pregnancy
  - Postpartum people up to 6 months after baby's birth
  - Breastfeeding people up to baby's first birthday
- Infants
  - Up to their 1<sup>st</sup> birthday
- Children
  - Up to their 5<sup>th</sup> birthday



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## WHO CAN APPLY FOR WIC

- Employed or unemployed
- Immigration status is not asked about and does not impact eligibility.
- Married, single or living with parents or family.
- Fathers, mothers, grandparents, or guardians can apply for children under age five
- You must live in the State of Maryland to be in the Maryland WIC Program
- Based on income (check income guideline at [www.mdwic.org](http://www.mdwic.org))

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## BREASTFEEDING

- WIC is committed to breastfeeding as the normal way to feed an infant and supports the American Academy of Pediatrics position on breastfeeding.
- WIC encourages mothers to breastfeed their infants for the first two years of life and beyond unless medically contraindicated\*.
- The WIC food package for exclusively breastfeeding mothers and their infants has the highest market value of all the WIC food packages. \*

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## BREASTFEEDING AIDS

- Breast pumps
  - manual and electric
  - hospital grade electric pumps
- Nursing bras
- Nursing covers
- Breast pads



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## Why does breastfeeding matter?

- Protects babies from infections and illness
- Less likely to develop asthma
- Reduced risk of SIDS (Sudden Infant Death Syndrome)
- Reduced risk of maternal cancer (breast, ovarian)
- Saving thousands of dollars per year

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## WHAT FOODS DOES WIC GIVE AND WHY

- Milk, cheese, yogurt and soy beverages
  - Calcium source for strong bones and teeth
- Cereal, brown rice, soft corn or whole wheat tortillas, whole grain bread, whole grain pasta
  - Iron for energy and folic acid for healthy growth
- Fruits and vegetables, fresh, frozen or canned. Fruit and Vegetable juice.
  - Heart health and vitamin C source
- Dried or canned legumes; eggs, canned fish, peanut butter, tofu
  - Protein for muscle and skin health
- Baby foods and infant cereal
- Infants who breastfeed some of the time or do not breastfeed, WIC gives iron-fortified infant formula.\* MDF for special diagnoses and needs.

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## WIC Nutritious Supplemental Foods

- Whole grains
- Eggs
- Yogurt
- Milk (can substitute cheese or yogurt)
- Fruits and vegetables
- Beans, legumes, or peanut butter
- Canned fish
- Juice



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## WIC STAFF AND LOCATIONS

- WIC Staff comprises the following
  - RD/LDN/CNS (CPA)
  - WIC Services Associates (CPPA)
  - Certified Lactation Counselors (CLC), International Board-Certified Lactation Consultant (IBCLC), Breastfeeding Peer Counselors
- Locations:
  - Howard County Health Department (Columbia)
  - North Laurel Health Center



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## eWIC CARD



- Use to pay for issued benefits at the store
- Works like a credit card via swipe and pin #
- Ideally using eWIC and/or SNAP and then other payment methods.

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## MD WIC Mobile App

- Check appointments
- Look up food balance
- Find stores and clinics
- Scan bar codes to see if item is WIC-approved
- Access Online Nutrition Education
- Download from the [App Store](#) or [Google Play](#)



Use this QR code to download the Maryland WIC Mobile App or visit the Google Play or iPhone App store.



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## HOW TO APPLY

- Make an appointment through phone or [howardwic@howardcountymd.gov](mailto:howardwic@howardcountymd.gov)
  - **Call: Columbia office – 410-313-7510**
  - **North Laurel – 410-313-0630**
- Provide proof of identity – birth certificate, crib card, driver's license; picture ID from government, school or your job, social security card
- Provide proof of household income – benefits letter: child support, SSI, Social Security, Unemployment; Independence Card; Medical Assistance cards for all family members; recent family pay stubs dated within 30 days
- Provide proof of address – copy of lease, driver's license or MVA ID card; official mail like a bill or statement
- Provide proof of pregnancy, only if pregnant – doctor's note, pregnancy test results from a doctor or clinic, OR sonogram

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## WIC & PUBLIC CHARGE

- WIC is not and has never been a factor in public charge determinations. In 2019, the Trump Administration expanded the public charge test to identify potential use of programs like Medicaid and SNAP among several other factors. This policy was overturned by the Biden Administration. Neither the Trump or Biden Administration's public charge policy included WIC.
- More info can be found on the National WIC Association website too: <https://www.nwica.org/immigration-resources>
- Maryland WIC is still open for business and received its funding until the end of September 2026.

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## THANK YOU AND QUESTIONS



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[Howard County WIC](#)

410-313-7510

Tabita McKenzie, RDN, LDN

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

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## References

- General, O. of the S. (2021, March 12). *Breastfeeding: Surgeon general's call to action fact sheet*. HHS.gov. Retrieved March 6, 2023, from <https://www.hhs.gov/surgeongeneral/reports-and-publications/breastfeeding/factsheet/index.html>

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**BREAK – 10 MINUTES**



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### Workgroup Updates

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## Workgroup Updates



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## Howard County Local Health Improvement

### Growing Healthy Families (GHF) Workgroup

Co-Chairs:

Samatha Cribbs, RN, MSN, CPST, Bureau of Family Health Services  
 Erica Taylor, M.S., Howard County Office of Children and Families

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## Growing Healthy Families Updates

- Women's Health Focus Groups
  - 3 focus group sessions
  - Total of 17 participants
  - Next steps:
    - Create a report
- 2026 Black Maternal Health Week
  - April 18, 2026, 11:00 am – 2:00 pm
  - Harriet Tubman Cultural Center
  - Registration link will be shared by email





## Howard County Local Health Improvement Coalition

### Healthy Lifestyle (HL) Workgroup

Co-chairs:

Michelle Rosenfeld, Office on Aging and Independence

Carrie Ross, Howard County Community Action Council

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## Healthy Lifestyle Updates

- Continued partnership with Enterprise Residential to facilitate walking groups for residents addressing our CHIP Action Plan objective of helping community members be more physically active
  - Legacy at Twin Rivers Walking Group
  - Parkview at Ellicott City Walking Group
- Finished Walktober 2025 with 171 events, with estimated ~4400+ participants across Howard County
- HCHD Employee Walktober Challenge finished with 5,082,085 steps or 2,310.04 miles walked in total

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## Healthy Lifestyle Updates

- Collaborated with Howard County Village Leaders for the Howard County Village 2025 Walktober Challenge (Original collaboration began August 20, 2025)
- 5 Howard County Villages joined in the Howard County Village 2025 Walktober Challenge
  - 41 participants with 4,009.50 miles walked in October; Wilde Lake Village winner for 2025 with 18 participants walking 1,672.94 miles in October
  - 1 village expressed interest to join next year
  - Community members expressed interest in competing again next year

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

Co-chairs:

Jessica Fisher, LCSW-C, Bureau of Behavioral Health  
Barbara Allen, James Place, Inc.

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## HMSPC Updates

- Firearms Safe Storage Workshop update
  - Registration information will be sent by email
  - Tentative date: March 2026

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### Howard County Local Health Improvement Community Health Worker Learning Collaborative (CHWLC)

Co-chairs:

María José Candanoza, MPH, CCHW, HCLHIC

Amanda Toohey, Johns Hopkins Howard County Medical Center

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## CHWLC Updates

- **Community Care Team**

- Worked with 648 cases as part of our Readmission Prevention Program
- Screened 4,718 patients at the hospital for Social Determinants of Health
- Expanded our partnerships with Community Action Council and NeighborRide to best serve patients facing food and transportation insecurity.
- Presented at the Medicine for the Greater Good Symposium about Sepsis Intervention and Mobile Integrated Health

- **Community Health Worker Training**

- Established partnership with Howard County Public Schools and certified five HS Seniors. Continuing to mentor these students as they have entered the workforce and college.
- Expanded Community Health Worker Lunch and Learn network
- Certified 56 adult community members

## CHWLC Updates

- **Community Engagement, Outreach, Education & Public Health Initiatives**

- Participated in 38 community events, reaching approximately 1,393 community members.
- Launched WhatsApp communication groups - Columbia and Elkridge.
- Integrated outreach by providing tobacco retailer education during CAP engagement visits, completing 25 retailer education visits.

- **Community Asset Profile (CAP) Project**

- Completed two CT (Elkridge and Columbia – Long Reach) and finalized data collection and validation for Jessup and Columbia – Harper’s Choice, with asset mapping now underway.

- **Photovoice Project**

- Successfully hosted 1<sup>st</sup> Photovoice Exhibition on November 10, 2025, at the Elkridge Public Library, with approximately 40 community members in attendance. Developed an evaluation report, which will be made publicly available.
- Preparing for the Long Reach Photovoice Exhibition scheduled for January 22, 2026, 6:00 – 7:30 PM.



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### 2026-2028 HCLHIC Updates

Maribet Rivera-Brute, MPH

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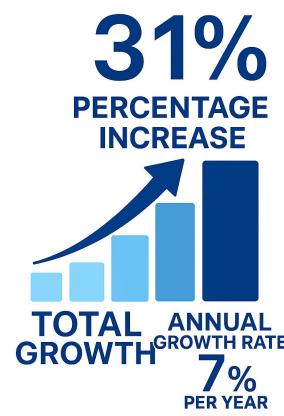
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## Membership Update

- Membership increased from **542** in 2022 to **711** in 2026, reflecting steady growth over the four-year period.
- Total Growth
  - Percentage increase: 31%
  - Annual growth rate: 7% per year
- Share HCLHIC with others!



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## CHIP Action Plan FY26-28 Updates

- Action Plan for the 2<sup>nd</sup> quarter has been updated.
- Visit the HCLHIC website for more information.

<https://www.hclhic.org/community/action-plans/267>

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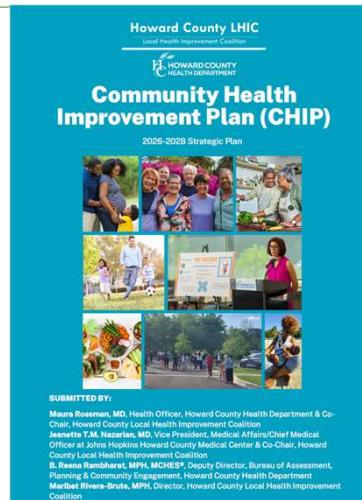
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## FY26-28 Strategic Plan Summary Report

- A copy of the FY26-28 Strategic Plan Summary Report is available to download!  
<https://www.hclhic.org/community/action-plans/267>
- To request a printed copy, please send an email to [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov)



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## Howard County Food Council Updates

- Continuing foundational and policy facing work
- Awarded the MDH Grant to launch hydroponic growing program in partnership with Howard County Public Schools
- Held First General Assembly Meeting in November 2025
- Attended Legislative Brainstorming Session with Maryland Hunger Solutions
- Attending Meet and Greet with Maryland Delegation
- Announced the launch of Pocket Pantry
- Began identifying steering committee members and will host first steering committee meeting in January 2025

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# Member Announcements, Resource Sharing and Networking

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## 2026 Full LHIC Quarterly Meetings

- The schedule for the 2026 Full LHIC meeting is available now!
- To register, please visit  
<https://www.eventbrite.com/e/1428672962289?aff=oddtdtcreator>



Multiple dates

### 2026 HCLHIC Full Coalition Meetings

By Howard County Local Health Improvement Coalition Follow

Join the Howard County Local Health Improvement Coalition (HCLHIC) 2026 Quarterly Full Coalition Meetings

Free

Multiple dates

Check availability

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## Howard County Report Card 2025

- The 2025 Report of Community Health Indicators is now available.
- Take a look at the report by clicking [here](#).

### REPORT CARD OF COMMUNITY HEALTH INDICATORS 2025



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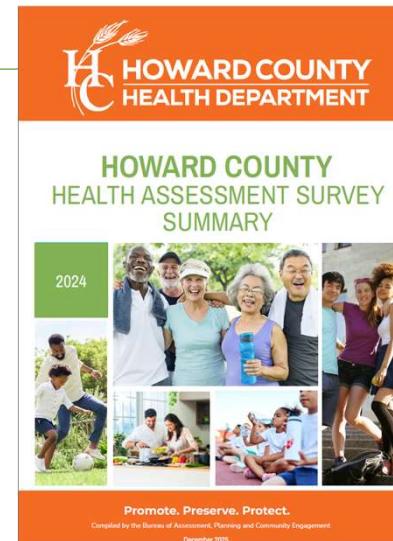
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## 2024 HCHAS Summary

- The 2024 Howard County Health Assessment Survey Summary is now available.
- Take a look at the summary report by clicking [here](#).



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## HCHD WhatsApp Channel

- The Howard County Health Department now has a WhatsApp channel!
- 👉 Join the conversation today! We ask Coalition members to share the following links with your community to take advantage of the opportunities to be shared in these assets.
- 👉 Follow the HCHD WhatsApp channel [here](#).
- 👉 To join the Elkridge WhatsApp group, click [here](#).
- 👉 To join the Columbia WhatsApp group, click [here](#).



## LHIC Digital Content Tools

- Newsletter content
- E-banners:
  - Find food and nutrition resources
  - Find mental health resources
- <https://www.hclhic.org/membership/newsletter-tools>



## Columbia Photovoice – Long Reach

- Join us for the Long Reach Photovoice Exhibition! Come share your ideas, inspire action, and help envision real steps toward a healthier, more connected community.
- Register here: [bit.ly/CHWColumbia](http://bit.ly/CHWColumbia) or scan the QR code!

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We'd love your thoughts!

### Through the Eyes of a Community Health Worker

### PHOTOVOICE EXHIBITION

Featuring photos and stories from the Long Reach Community in Columbia.



### COMMUNITY GATHERING

Join your Community Health Workers as they discuss neighborhood photos showcasing local strengths and opportunities for change.

Share your ideas to inspire action and help envision real steps toward a healthier, more connected community!

WHEN:

Thursday, Jan.  
22, 2026  
6:00-7:30PM

WHERE:

Howard County  
Health Department  
8930 Stanford Blvd,  
Columbia, MD 21045

REGISTER :



[bit.ly/CHWColumbia](http://bit.ly/CHWColumbia)

Registration is FREE and snacks will be served. Email [CHW@howardcountymd.gov](mailto:CHW@howardcountymd.gov) with questions.

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- Residents can report non-emergency issues which the county will assign to the responsible department.
- Simply download the **TellHoCoApp** on your mobile phone or visit [howardcountymd.gov/tell-hoco](http://howardcountymd.gov/tell-hoco).



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**MATERNAL & INFANT SUPPLY DRIVE** & **FREE DIAPER GIVEAWAY!**

**ITEMS NEEDED:**

- \*All Donations must be New or Gently Used\*
- Maternity Clothes
- Infant/Toddler Clothes (Newborn-5T)
- Baby Gear (seat, bouncer, etc)
- Blankets & Carriers

**\*First come, first serve while supplies last!\***

**Saturday, January 17th | 3:00 PM – 4:00 PM**  
 Howard County Elridge Branch Library  
 6540 Washington Blvd  
 Elridge, MD 21075

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

<https://www.trinitymaternalwellness.org/>

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## Howard County CHILD CARE FAIR

CONNECTING families to Howard County EARLY CHILDHOOD PROGRAMS:

- Family Child Care
- Child Care Centers
- Infant Programs
- Summer Camps
- School-Age Programs
- Co-op Nursery Schools
- Preschools

**Saturday, January 24, 2026**

East Columbia 50+ Center  
 6610 Cradlerock Way, Columbia 21045  
 10:00 AM to 1:00 PM

Registration is highly recommended, especially in the event of inclement weather notifications.

We look forward to seeing you!

Registration link: <https://HoCo2026ChildCareFair.eventbrite.com>



<https://www.eventbrite.com/e/howard-county-child-care-fair-2025-tickets-1037059040507?aff=oddtdtcreator>

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## Road to Kindergarten

**Do you have a child who will be 5 years old by September 1, 2026?**

Please join us for an information session about Kindergarten<sup>†</sup> in the Howard County Public School System.

**At this session you will learn:**

- Expectations for school readiness (and receive a Ready for Kindergarten toolkit).
- Details about the HCPSS kindergarten program, website and kindergarten registration process.
- Ways that families and children can be supported during the transition to kindergarten.

**Choose a session that is convenient for you.**  
No registration required.

Child care is available at each session for children ages 2 and older; the session is designed for adults only.

Large crowd anticipated; please allow ample time for parking, childcare dropoff, and check in. Doors open at 6 p.m.

If Howard County public schools are closed for inclement weather, the session is canceled.

All sessions will begin promptly at 6:30 p.m.

Mon., January 12, 2026 6:30 - 7:30 p.m.	Centennial High School* 4300 Centennial Lane, Ellicott City, MD 21042
Tues., January 20, 2026 6:30 - 7:30 p.m.	Guilford Park High School* 8500 Ridgely Run Road, Jessup, MD 20794
Wed., January 28, 2026 6:30 - 7:30 p.m.	Virtual Event-Hosted by the Howard County Library

In the event that in person sessions are cancelled due to snow, please join the virtual event on 1/28.

\*Korean, Chinese, and Spanish interpreters will be present at these sites.  
\*Link to virtual event will be posted on 1/28 at the link above.

<sup>†</sup> Please note, the session will include information regarding Kindergarten readiness, program components, and registration that is applicable to all HCPSS schools; specific school information and events will be shared by schools after registration is finalized.

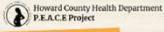
**HOWARD COUNTY PUBLIC SCHOOL SYSTEM**

<https://www.hcpss.org/enroll/kindergarten/>

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**DOULAS & DADS**  
A BREASTFEEDING WORKSHOP

Learn how dads can make a big difference in breastfeeding success—tips, benefits, and guidance from a certified lactation consultant.

🕒 February 7th, 2026 at 10:00 am

📍 Howard County Family Support Center  
9790 Patuxent Woods Drive, Columbia, MD 21046

[Click here for registration!](#)

<https://bit.ly/HCHDbreastfeedingworkshop>



[https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/156297?onlineSiteId=0&from\\_original\\_cui=true](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/156297?onlineSiteId=0&from_original_cui=true)

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CELEBRATING 2026 BLACK MATERNAL HEALTH WEEK!

## Save the Date!

Join us for discussions, resources, and community support.

APRIL 18, 2026  
11AM - 2PM  
HARRIET TUBMAN CULTURAL CENTER



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**Stroke Survivor Support Group**

2nd Thursday of every month, 5 - 6 pm  
Howard County Medical Center  
5755 Cedar Lane, Columbia, MD 21044  
Medical Library



Caregivers welcome!

For more information email: JHHC-StrokeSupport@jh.edu

Scan the QR code to learn more and how to register or click on the link below:  
<https://stroke-survivors-support-group-0mlc9.events.hcgh.hopkinsmedicine.org/>

Questions? Email [jhhc-strokesupport@jh.edu](mailto:jhhc-strokesupport@jh.edu)

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## Howard County Seed Library

Help this brand-new  
Seed Library get started  
with your donation of seeds

*Let's sow the seeds of  
generosity together!*

<https://howardcounty.librarycalendar.com/even/nt/howard-county-seed-drive-313928>

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## Living Well Chronic Disease Self-Management



[Living Well Chronic Disease Self-Management Programs](#)

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## NATIONAL GIRLS + WOMEN IN SPORTS DAY

Free | All Ages | February 1, 2026  
North Laurel Community Center



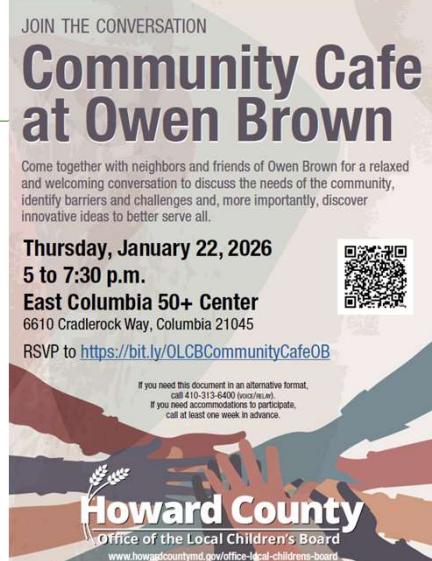
<https://www.hcrpsports.org/ngwsd>

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<https://www.signupgenius.com/go/904094BAFAE2DA5FB6-59888364-owen>

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## Tobacco & Cannabis Announcements

- **HCHD [Tobacco and Cannabis](#) website created**

Information, printable resources, and videos for parents and youth

- **Requests for Tobacco & Cannabis Prevention presentations and materials**

Complete the [Community Health Education Request Form](#) found on the HCHD homepage



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**NAMI HelpLine**  
National Alliance on Mental Illness

### Family Caregiver



The Family Caregiver HelpLine is available Monday through Friday, 10 a.m.-10 p.m. ET.

Call 1-800-950-NAMI (6264). Press 4 to connect with a skilled specialist. Text Family to 62640 or email

[helpline@nami.org](mailto:helpline@nami.org).

<https://bit.ly/3Zdw2ws>

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**NAMI Howard County MD**

**The Rhythms of Wellbeing:  
How Sleep, Mood, and  
Seasons Intertwine**

Via Zoom  
Tuesday, Jan. 27 from 7-8:30 p.m.

  
Michael Young, MD  
Speaker

*Save the Date*

Michael Young, MD, is the Medical Director, at The Retreat by Sheppard Pratt

[https://us02web.zoom.us/meeting/register/jy6g6BZ5Tb6Z48\\_00KbKJg  
?mc\\_cid=1d8a5749b9&mc\\_eid=dc54dfc3d0#/registration](https://us02web.zoom.us/meeting/register/jy6g6BZ5Tb6Z48_00KbKJg?mc_cid=1d8a5749b9&mc_eid=dc54dfc3d0#/registration)

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**PREVENTION**  
If you, or someone you know, is struggling with suicidal thoughts, it's important to make your home, or the home of another person, safer. Studies show that limiting access to possible methods of suicide, like medications or firearms, can help prevent it.

According to the 2024 Howard County Health Assessment Survey, 1 in 3 residents reported feeling down, depressed or hopeless. These feelings can sometimes lead to thoughts of suicide, but there are steps you can take to help, if you or someone you know is struggling. Simple actions can make a difference.

**Support & Resources**  
**Get Help Now**  
911 - Call 911 if there is an immediate risk for self-harm or medical emergency.  
988 Suicide & Crisis Lifeline  
Call/Text/Chat to 988 - 24/7 confidential support.  
• Press 1 for Veterans and Service Members  
• Press 2 for Spanish (español)

**Resources**  
Howard County Health Department  
Behavioral Health Resources  
410-313-4202  
Additional Resources  
Grassroots Crisis Intervention - 988  
NAMI - Howard County  
Howard County Mental Health & Suicide Prevention  
CARE4PF Suicide Prevention Resources - [hclhic.org/healthy/suicide-prevention](http://hclhic.org/healthy/suicide-prevention)

**SAFEGUARD YOUR HOME**  
A guide to help prevent suicide.

**WHAT YOU CAN DO**

**Give Support**  
If someone is thinking about suicide, take it seriously.  
• Have a conversation.  
• Speak directly with them.  
• Listen closely and without judgment; show you care.  
• Ask directly if they are thinking about suicide or if they have the idea of suicide in their head.  
If you are struggling, talk to a friend/loved one or call 988 to speak with a trained counselor.

**Harmful Materials**  
Hanging is a common way that people die by suicide. It can be hard to prevent because many common items like ropes, cords and sheets can be used for this purpose. However, it is important to take steps to limit accessible methods of suicide and to remove and lock up these materials when possible.

**Medications**  
Store all medications in a lock box or locked cabinet. Take special care to lock up prescription medications (OTC) pain pills and sleeping pills. Talk to your doctor or pharmacist about getting take-home supplies or a limited supply of medications. Safely get rid of unwanted medications.

**Firearms**  
To keep guns safe storage:  
• Keep guns locked, unloaded and separate from locked ammunition.  
• Use cable locks, lock boxes or safes to store guns and ammunition.  
If someone in your home is struggling with mental health challenges or a crisis:  
• Temporarily remove firearms from the home.  
• Encourage a trusted person to store them or call a local shooting range, gun shop or law enforcement agency for information on gun storage. [More](https://www.hclhic.org/healthy/suicide-prevention) Scan the QR code for more information.



<https://www.hclhic.org/healthy/suicide-prevention>

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**Stay updated!**

Scan to access the events listed on our [calendar!](#)



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## MEMBER ANNOUNCEMENTS

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

**Thank you!**

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## HCLHIC Post-Meeting Survey

Your responses are needed!

Please answer a brief survey to help us with future meeting topics and share any feedback about our meetings.

<https://www.surveymonkey.com/r/83FVZRD>



SCAN ME

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## NEXT STEPS & WRAP UP

**2026 Quarterly Hybrid Full Coalition Meetings:**

[Register](#)

**April 16, 2026, at 9:00 - 11:00 AM**

**Presentation will be posted at [www.hclhic.org](http://www.hclhic.org)**

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

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Thank you!

LHIC Team

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

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