



Howard County Local Health Improvement Coalition

Healthy Minds & Suicide Prevention Coalition

November 7, 2024

2:00 – 3:00 PM

Virtual via Zoom

Minutes

Members Present:

Barbara Allen, Opioid Crisis Community Council
Erin Anderson, Howard County Health Department
Jessica Fisher, Howard County Health Department
Sheri Koller, Brave Journeys LLC
Jessica LaFave, Veterans Affairs Maryland Health Care System
Genny LaPorte, Howard County Police Department and Grassroots
Sonya Lloyd, Howard County Health Department
Dr. Mariana Izraelson, Grassroots Crisis Intervention Center
Sarah McCoy, Grassroots Crisis Intervention Center
Christina Miller, Claudia Mayer/Tina Broccolino Cancer Resource Center
Reena Rambharat, Howard County Health Department
Stephanie Reid, Howard County Health Department
Lisa Terry, Howard County Office of Veterans & Military Families
Eileen Zeller, Moms Demand Action Howard County

Staff Present:

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

Topic/Agenda	Discussion	Action/Follow-up
Welcome/Ice Breaker	<p>Jessica Fisher, Suicide Prevention Coordinator, Howard County Health Department (HCHD) called the meeting to order at 2:00 pm, warmly welcoming all attendees. Jessica LaFave, Veterans Affairs Maryland Health Care System, led an Ice Breaker Activity.</p> <p>Jessica LaFave acknowledged Native American and Native Alaskan Heritage Month, urging attendees to explore local indigenous histories and consider respectful Thanksgiving celebrations. This discussion underscored the significance of cultural awareness and gratitude during the holiday season, setting a reflective tone for the meeting.</p>	<p>Members are urged to review the past minutes available here.</p> <p>Learn about the indigenous Land you are currently living on: https://native-land.ca/ - Our home on native land</p> <p>Watch a documentary about Native American history:</p>

	<p>Ms. LaFave engaged participants through the icebreaker activity and focused the urgent need for suicide prevention in indigenous communities, which experience disproportionately high rates of suicide.</p>	<p>Learn how to do the Tarantella Reel-Jun: On the Trail of the Hollywood Indian</p> <p>Native American Fry Bread: https://insanelygoodrecipes.com/</p> <p>Indigenous Perspectives and Inclusive Celebrations: A Guide to a Respectful Thanksgiving</p> <p>The Dizzying Dwellings of Mesa Verde National Park</p> <p>Northern Visions: Contemporary Inuit Ceramic</p>
<p>Announcements</p>	<p>Ms. Fisher welcomed the new members of the workgroup and members shared their favorite Thanksgiving dishes, fostering a sense of community and connection. This discussion underscored the significance of cultural awareness and thankfulness during the holiday season.</p> <p>Ms. Maribet Rivera-Brute introduced herself as the new LHIC Director and Ms. Stephanie Foster is the new LHIC Community Engagement Coordinator.</p>	
<p>Post-Election Check-In and Support Strategies</p>	<p>Ms. Fisher led a discussion focused on the emotional toll of the election results, encouraging participants to share their feelings and experiences.</p> <ul style="list-style-type: none"> • Members expressed concern for marginalized communities. • Acknowledged an increase in stress among clients. • Raised issues related to veterans and Post Traumatic Stress Disorder (PTSD) triggers, emphasizing the need for effective support strategies. • Emphasized the mental health impacts following the election and encouraged community support. <p>Members expressed concerns regarding funding and the availability of healthcare support for residents in the community.</p> <p>Barbara Allen, Opioid Crisis Community Council, addressed the budget shortfall in Maryland and the budget cuts for Maryland Department of Health funding, while emphasizing the substantial federal funding available for behavioral health. Barbara encouraged participants not to worry</p>	<p>Do Something Post-Election Resources: https://dosomething.org/post-election-resources</p> <p>Crisis Text Line How to Cope with Post-Election Anxiety</p> <p>Mental Health America 2024 Election Mental Health Resources: https://mhanational.org/2024-voter-guide</p> <p>Real Talk: Teaching and Leading While BIPOC</p> <p>Thriving as a BIPOC woman in leadership - Combating racial battle fatigue with SMARTe goals</p> <p>The BIPOC Project: A Black, Indigenous, & People of Color</p>



	<p>excessively about future funding, and suggested the situation may be more stable than perceived.</p> <p>Ms. Fisher echoed this sentiment and acknowledged the importance of recognizing and supporting each other during these difficult times.</p> <p>Members shared online resources to help with mental health challenges and support.</p>	<p>Movement: https://www.thebipocproject.org/</p> <p>Dr. Shawn Ginwright’s speaks of Healing Centered Engagement in this 2021 Keynote: Cultural and historical contexts of “where we are.”: Racialized trauma and social determinants of trauma Impacts of social toxicity on your students and colleagues</p> <p>SageJournals: The BLAC (Black Love and Community Activism) Model</p> <p>A Scoping Review of Decolonization in Indigenous-Focused Health Education and Behavior</p> <p>Decolonizing Care: Hegemonic Masculinity, Caring Masculinities, and the Material Configurations of Care</p>
<p>Community Health Improvement Plan (CHIP) Discussion</p>	<p>Ms. Reena Rambharat discussed the upcoming Community Health Improvement Plan (CHIP), which will guide health initiatives for the next three years starting in July. She highlighted the use of the MAP 2.0 framework and the need for community input to identify key issues and solutions. A steering committee will be formed to facilitate this process, with the first meeting scheduled for Tuesday, November 12th. Please contact Ms. Rambharat if interested in joining the steering committee.</p> <p>In addition, Ms. Rambharat discussed the progress of various suicide prevention efforts, including an online forum and resources for veterans, while also mentioning the importance of community-friendly updates on their website.</p> <p>Lastly, Ms. Rambharat requested feedback from the group on the Healthy Minds and Suicide Prevention Coalition Workgroup successes, improvements needed, any issues needing to be addressed, and potential solutions:</p> <ul style="list-style-type: none"> • Eileen Zeller, Moms Demand Action Howard County, pointed out the challenge of measuring success and 	<p>Members interested in being part of the CHIP Steering Committee may contact Reena Rambharat at brambharat@howardcountymd.gov</p>

	<p>suggested that having data on participation and outcomes would aid in evaluating the effectiveness of the initiatives. In addition, Ms. Zeller acknowledged that while root causes are important, it is essential to focus on community connections and moving forward, as well as the importance of considering the diverse socioeconomic and cultural backgrounds when seeking input.</p> <ul style="list-style-type: none"> • Erin Anderson, Howard County Health Department, added that the organizational structure of the groups has been beneficial in maintaining focus and accountability. • Ms. Allen expressed confusion over why the public remains skeptical about positive economic indicators, suggesting that busy lifestyles may hinder information processing. • Ms. Fisher noted that fear within the community could impede higher level thinking and understanding. • Sheri Koller, Brave Journeys LLC, highlighted the difficulties youth encounter in filtering and interpreting media content, which can adversely affect their mental health and overall well-being. • Ms. Rambharat suggested organizing focus groups to gather community input, particularly from teens, to better understand their needs. 	
<p>Next Steps & Wrap-up</p>	<p>Ms. Fisher concluded the meeting highlighting the need for ongoing dialogue and support in addressing the complexities of mental health and societal issues and expressed appreciation for the team's attendance and engagement during the meeting.</p> <p>Lastly, Ms. Fisher acknowledged the possibility of organizing a small workgroup meeting to discuss that information regarding the Safe Homes Brochure and thanked everyone attending and wished them well.</p> <p>Ms. Fisher adjourned the meeting at 3:04 PM.</p>	

Respectfully submitted by
Ms. Stephanie Foster
Community Engagement Coordinator
Howard County Local Health Improvement Coalition