

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

May 1, 2025

11:00 AM – 12:00 PM

Virtual via Zoom

Minutes

Co-Chair Present:

Jessica Fisher, Howard County Health Department

Members Present:

Erin Anderson, Howard County Health Department
Barbara Allen, Opioid Crisis Community Council
Karen Hull, Howard County Office of Aging and Independence
Sheri Koller, Brave Journeys LLC
Genny LaPorte, Howard County Police Department and Grassroots
Debi Lattimer, Moms Demand Action Howard County
Chris Miller, John Hopkins Howard County Medical Center (JHHCMC)
Stephanie Reid, Howard County Health Department
Kristen Wheeler, Medpsych Health Services
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 11:02 am, warmly welcoming all attendees and led an Ice Breaker Activity.</p> <p>Ms. Fisher led an engaging discussion on self-care practices with our members. Participants generously shared their individual approaches to maintaining mental well-being.</p> <p>Key takeaways from the conversation highlighted the significance of rest, spending time in nature, and participating in activities like gym workouts, meditation, and gardening. The discussion</p>	<p>Members are urged to review the past minutes available here.</p>

	<p>also emphasized the importance of community support and personal reflection, with several individuals stressing the benefit of focusing on what we can directly influence in our lives.</p>	
<p>Announcements and Overview of the November 7, 2024 Meeting</p>	<p>Jessica Fisher announced the following events:</p> <ul style="list-style-type: none"> Howard County Local Health Improvement Coalition (HCLHIC) Community Health Forums are scheduled for July 25th (Columbia Central Branch Library), 29th (Elkridge Branch Library, and 31st (North Laurel Community Center). The next Full LHIC Meeting is scheduled for Thursday, July 17th, 9am-11:00am, held both in-person and virtual. "Angst" Raising Awareness Around Anxiety, May 13th, 5:30pm - 7:30pm. Question, Persuade, and Refer (QPR) Gatekeeper Training - Essential Training on Suicide Prevention. May 13th (10:00am - 11:30am), 14th (12:00pm - 1:30pm), and 15 (4:00pm - 5:30pm). Good Vibes and Voices: Concert & Events, June 6th, 6:00 pm - 8:00pm, Rockburn Branch Park, 6105 Rockburn Branch Park Rd, Elkridge, MD 21075. Behavioral Health Resource Fair, June 14th, 10:00am - 2:00 pm. The second annual Howard County Bureau of Behavioral Health Resource Fair will be held on Saturday, June 14, 2025, 10:00am - 2:00pm at the Long Reach Village Center, 8775 Cloudleap Ct., Columbia, MD 21045. <p>Ms. Fisher gave an overview of the March 20, 2024, meeting which focused on the emotional challenges due to the recent job losses and current administrative actions:</p> <ul style="list-style-type: none"> Participants voiced significant worries about the rising number of individuals facing job loss. 	<p>April Full LHIC Meeting: Click here to register for the July 17th Full LHIC Meeting. 9:00 AM – 11:00 AM.</p>

	<ul style="list-style-type: none">• Maribet Rivera-Brute, LHIC Director, discussed the Community Health Improvement Plan (CHIP) timeline (Phase I, II, and III), acknowledged the information gained from the Root Cause Analysis and Health Main Drivers, and acknowledged the selected solutions from the Healthy Minds Roundtable meetings held on January 30th and February 25th.• Ms. Stephanie Foster, LHIC Community Engagement Coordinator, presented the possible goals that will be included in the LHIC 2026-2028 Action Plan, and asked the Coalition members for feedback and actions steps to be added to the FY26-28 Action Plan.	
Community Health Improvement Plan FY26-28 Update	<p>Ms. Maribet Rivera-Brute, LHIC Director, provided an overview of the FY26-FY28 Community Health Improvement Plan progress.</p> <p>Key feedback highlighted from the Community Health Forums held in March included:</p> <ul style="list-style-type: none">• Community members expressed a strong interest in having more engagement opportunities.• There is a noted need for increased resource sharing among our community partners.• The community voiced a desire for greater collaboration and improved communication regarding available services.	

<p>Discussion/Brainstorming with Coalition Members Regarding Community Engagement</p>	<p>Ms. Fisher highlighted the community's feedback from the Community Health Forums. Key concerns included a need for increased community engagement opportunities and awareness of available resources and the value of developing stronger partnerships with current organizations.</p> <p>The group also discussed the accessibility of Mental Health First Aid training, with participants suggesting more flexible methods for sharing information and delivering the training. Time and cost were noted as significant barriers to the current training format, and there was support for Community Health Workers to lead more accessible programs. The importance of public education on mental health and substance use was underscored, emphasizing the necessity of a continuous flow of information and resources for the community.</p> <p>Coalition members voiced concerns about participation barriers in Mental Health First Aid training, specifically the amount of pre-work and the full-day commitment. They proposed exploring alternative approaches to ensure community members can still obtain essential mental health knowledge. Other members shared their experiences and suggested better coordination among trained individuals to offer more adaptable training options.</p> <p>The group recognized the value of engaging community leaders to help facilitate mental health training and resource sharing. A multi-tiered approach to mental health support was also proposed, suggesting broad public messaging alongside targeted training for specific groups. The importance of providing timely resources and improving communication about available training opportunities was also noted.</p> <p>Additional topics discussed included the importance of conducting a community asset analysis to gain a clear understanding of existing initiatives and promote better collaboration within the</p>	<p>American Foundation for Suicide Prevention's Talk Saves Lives - https://afsp.org/talk-saves-lives/</p> <p>ASIST Training (Applied Suicide Intervention Skills Training) - https://www.samhsa.gov/resource/dbhis/applied-suicide-intervention-skills-training-asist</p> <p>Effective Community-Level Strategies to Prevent Gun Violence Webinar (Video)</p> <p>Asian Health Coalition Mental Health First Aid Training - https://www.asianhealth.org/current-work-train-mfha</p> <p>Africans for Mental Health Mental Health First Aid Trainings - https://africansformentalhealth.org/trainings</p> <p>Question, Persuade, and Refer (QPR) Gatekeeper Training - https://qprinstitute.com/</p> <p>Contact Delta Sigma Theta Sorority for volunteer opportunities during Mental Health Month in May, Contact Renee Richardson at 443-527-0232, reneecrichardson819@gmail.com.</p>
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	<p>suicide prevention coalition. The group acknowledged that Community Health Workers are already actively identifying resources in specific areas of Howard County, which will help ensure our coalition's efforts are well-focused and avoid duplication.</p> <p>We will continue this discussion at the July 10th HMSPC Workgroup meeting.</p>	
Announcements from Coalition Member	<p>Coalition shared announcements of from their organizations:</p> <ul style="list-style-type: none">• OAI Art of Health Aging May 9th, 10:00am – 2:00pm, Columbia Mall• Perfect Generation Ministries GM Inc. will be hosting our annual PGMs Wear Orange Gun Violence Community Unity Awareness Event on June 7, 2025, 11:00 am – 3:30 pm at St. Johns Baptist church. Email spiritual.pgmfamily@gmail.com or 443-583-8909.• When Clouds Collide: Vaping and the Teen Mental Health Crisis, May 19th, 7:00 PM – 8:00 PM. Click here for more information	
Next Steps & Wrap-up	<p>Ms. Fisher announced that our next meeting is scheduled for July 10, 2025, at 11 am via Zoom. Following that, the September 8th meeting will be a hybrid format, held both in person at HCHD and virtually. More details regarding the September meeting will be shared as they become available.</p> <p>Ms. Fisher concluded by thanking everyone for their attendance and wishing them well. The meeting was adjourned at 3:02 pm.</p>	

Respectfully submitted by

Ms. Stephanie Foster

Community Engagement Coordinator
Howard County Local Health Improvement Coalition