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.



For additional information or questions contact lhic@howardcountymd.gov.



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Local Health Improvement Coalition

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THE HEALTH DEPARTMENT AND YOU

Howard County Local Health Improvement Coalition

Full Coalition Meeting

October 15, 2026

Howard County LHIC
Local Health Improvement Coalition

HOWARD COUNTY HEALTH DEPARTMENT

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GOAL & AGENDA

- **GOAL:** To present about the Postpartum Support International, Maryland; provide updates on Medicaid; provide HCLHIC updates; and discuss about mental health care challenges in women in Howard County.

AGENDA:

A. Welcome Remarks and Introductions
B. Postpartum Support International
C. Medicaid Updates
D. HCLHIC and Workgroup Updates
E. Discussion on Mental Healthcare Challenges in Howard County
F. Member Announcements, Resource Sharing, and Networking
G. Next Steps and Wrap-up

WELCOME & OPENING REMARKS

Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &

Johns Hopkins Howard County Medical Center

Please use the Chat Box or Raise your Hand to ask questions

Presentation will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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THE HEALTH DEPARTMENT AND YOU

Postpartum Support International

Mikah Goldman Berg,
Director of Advocacy



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POSTPARTUM SUPPORT INTERNATIONAL

Overview of Perinatal Mental Health & Resources for Parents and Providers

Howard County LHIC
October 15, 2026

Mikah Goldman Berg
Director of Advocacy
Postpartum Support International



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Agenda

- Introduction
- Postpartum Support International
- Overview of Perinatal Mental Health Disorders
- Resources from PSI

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Introduction (1 of 4)





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Introduction (2 of 4)




September 2015

10

Introduction (3 of 4)



November 2017



September 2018



2025

11

Introduction (4 of 4)



2026

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PSI's Vision and Work

PSI's vision is that every family worldwide will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing.
We achieve this through:

Peer Support & Community Outreach

We help thousands of parents every year through our peer support programs.
We raise awareness and build community to help families find hope and healing.

Workforce Development & Support

We educate professionals and support their practice.
We develop a more diverse, competent, and prepared professional community.

Research, Collaboration & Advocacy

We build bridges between need & care, translating evidence into impact
We strengthen systems, make data-based decisions, and advocate for policy change.

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Maternal Mental Health In the United States

1 in 5 mothers experience Perinatal Mental Health (PMH) Conditions

These conditions are the *most common* complications of pregnancy, affecting approximately 800,000 people in the United States per year.

They are the leading cause of maternal mortality

Untreated PMH conditions account for 22% of pregnancy-related deaths.

Perinatal mental health conditions can impact anyone

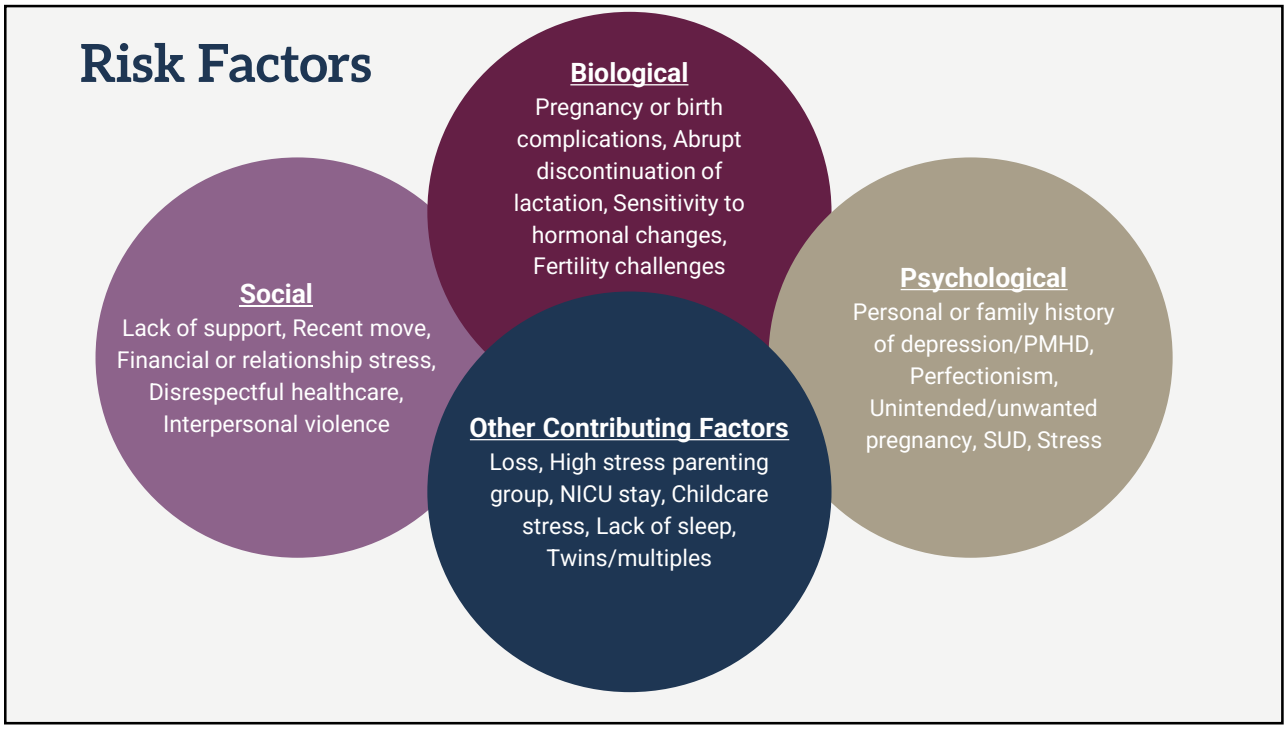
But some parenting groups – such as rural and military families – may have higher prevalence rates.

75% of mothers impacted by PMH conditions remain untreated

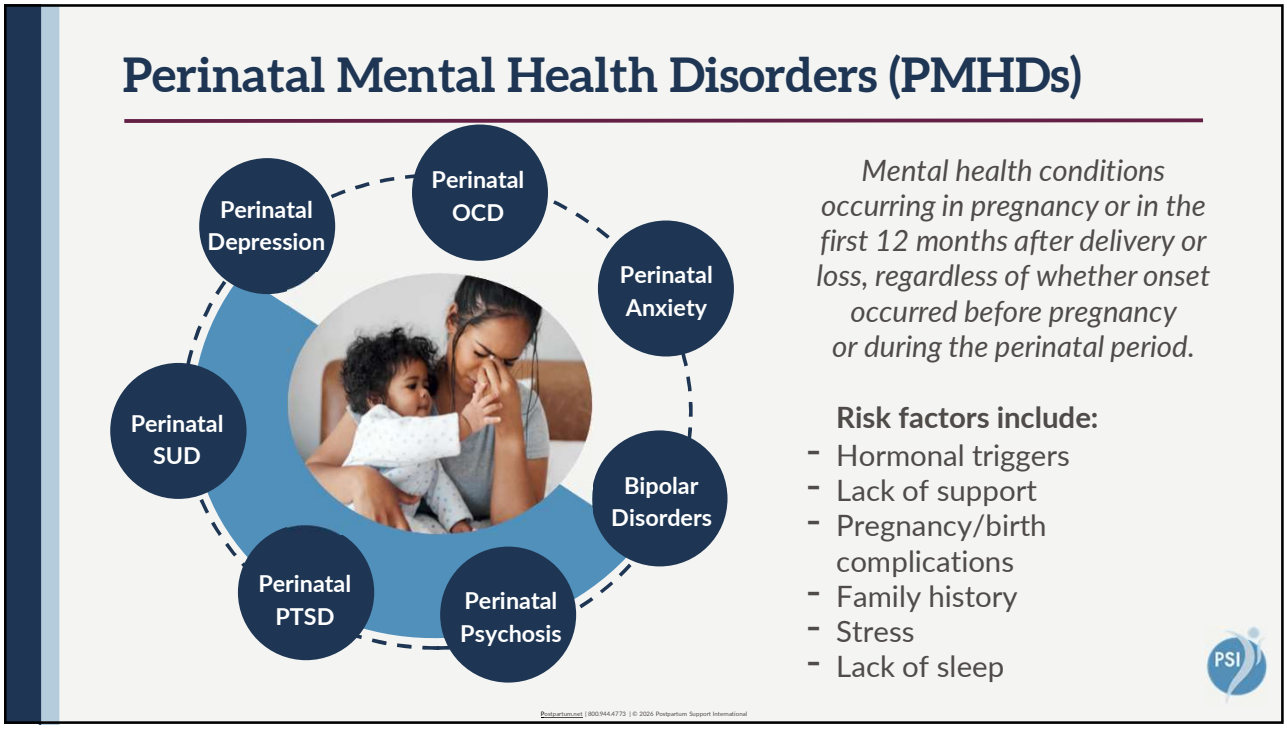
Lack of screening, follow-up, and treatment increases the risks of long-term impact on mothers, children, and families.

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Risk Factors
Biological
Pregnancy or birth complications, Abrupt discontinuation of lactation, Sensitivity to hormonal changes, Fertility challenges
Social
Lack of support, Recent move, Financial or relationship stress, Disrespectful healthcare, Interpersonal violence
Psychological
Personal or family history of depression/PMHD, Perfectionism, Unintended/unwanted pregnancy, SUD, Stress
Other Contributing Factors
Loss, High stress parenting group, NICU stay, Childcare stress, Lack of sleep, Twins/multiples

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Perinatal Mental Health Disorders (PMHDs)
Perinatal OCD
Perinatal Depression
Perinatal Anxiety
Perinatal SUD
Bipolar Disorders
Perinatal PTSD
Perinatal Psychosis
Mental health conditions occurring in pregnancy or in the first 12 months after delivery or loss, regardless of whether onset occurred before pregnancy or during the perinatal period.
Risk factors include:
- Hormonal triggers
- Lack of support
- Pregnancy/birth complications
- Family history
- Stress
- Lack of sleep
PSI

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Perinatal Mental Health is a Whole-Family Issue

Dads, adoptive parents, and grandparents also experience perinatal mental health conditions – and **help is available**.

- Postpartum depression affects **1 in 10 dads**, though their symptoms may spike later and present differently from women
- "Masked" male depression **symptoms may include withdrawal, irritability, substance use, and distancing** ("checking out")
- Lack of screening, and lower rates of help seeking mean that **rates are probably underestimated for men**



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Peer Support at a Glance

PSI peer support is **free** & help seekers **do not need a diagnosis or referral** to seek support

ENGLISH and SPANISH



HelpLine (800-944-4773)

Volunteers respond to voicemails and text messages, providing education, support, resource referrals, offer to connect with local or specialized volunteers. *Not answered live.*



Support Groups

Led by trained PSI facilitators, these free, 90-minute groups support a wide range of specialized perinatal needs, connect help seekers with other parents, and provide helpful tools and resources.



Social Media Groups

Moderated Facebook groups where parents can connect with others, ask questions, get peer support, and offer support to others.



Support Navigators

Volunteers provide empathy, education, and local referrals to appropriate resources and providers.



Lived Experience Specialists

Provide knowledgeable support for particular populations, conditions, or experiences related to pregnancy, birth, or postpartum.



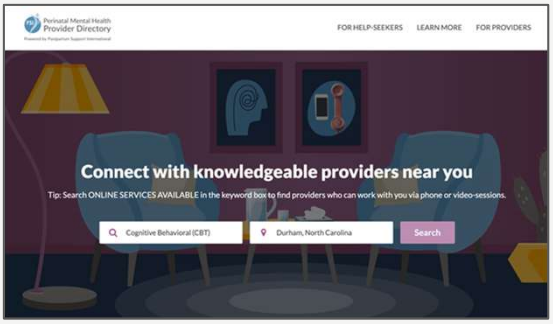
Peer Mentors

Establishes a one-to-one connection with someone who has experienced and recovered from a similar PMH condition to offer insight, encouragement, and hope.

www.postpartum.net

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PSI Provider Directory



- Continuously updated; can search for professionals who are trained in perinatal mental health
- Categories include: mental health, obstetrics, doulas, lactation counselors, support groups, physical therapists, and more!

www.psidirectory.com

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PSI Maryland Chapter

Our Mission is to increase awareness, education, prevention, and treatment of perinatal mental health issues affecting individuals, their families, and support systems in all areas of Maryland.

Our Vision is that all pregnant and postpartum individuals and their families, including those from underserved communities, will have access to perinatal support, mental health/healthcare providers, education, and resources to improve overall well-being through advocacy, training, and increased awareness of perinatal mental health.

Upcoming Events

October 18 - The Climb Team Rockville

October 18 - The Climb Team Anne Arundel







Stay Connected:

Stay connected to Maryland's passionate perinatal mental health community for updates, events, and advocacy:

- Connect & Support
- Educate
- Advocate
- Build Community



Newsletter: https://psimaryland.substack.com/
Instagram: @psi_maryland
LinkedIn: www.linkedin.com/company/psi-maryland/posts/
Facebook: www.facebook.com/psimaryland
Email: Maryland@postpartum.net

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Learn More: Trainings for Providers

- Components of Care (2-day training)*
- Maternal Mental Health Certificate Course (9 sessions)
- Advanced Psychotherapy*
- Advanced Psychopharmacology*
- Perinatal Loss: Clinical and Supportive Care
- Foundations in Paternal Perinatal Mental Health
- Perinatal Substance Use Disorders
- Advanced Perinatal OCD
- **Perinatal Substance Use Disorders 101 (Free!)**

See the full list and register: postpartum.net/training





Join us July 9-11, 2027 for the 40th Annual PSI Conference in Chicago!

** Available en Español*

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Membership Benefits

Do you refer help-seekers to PSI for free peer-support services? Membership is a way to further strengthen the support network, both financially and by engaging with other members in our learning/sharing community.

PSI Discounts

Members receive discounts on PSI trainings, webinars, the PSI store, and the PSI annual conference

Partner Discounts

Discounts on membership and professional development from related organizations

News

Every month PSI volunteers curate a compilation of links to articles, podcasts, videos, and research sourced from both general media and popular press.

Professional Communities

Forum/listserv groups:

- PSI Care Providers Group (for full range of provider occupations + students/working toward licensure)
- PSI Reproductive Psychiatry Group
- Students of PSI (for undergraduates, graduates, residents, and fellows working toward licensure)

Chapter or Affiliate forum/listserv groups currently available for:
California / Connecticut / Indiana / New Jersey / New York / Oregon/ Pennsylvania / South Carolina / Vermont / West Virginia

Professional consultation groups

- Mental Health Professionals
- Prescribers
- Doulas

Alliance for People of Color

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Additional Resources

988 Suicide & Crisis Lifeline
- Call or text 988
- 988lifeline.org

Crisis Text Hotline (24/7)
- Text HOME to 741741

Domestic Violence Hotline
- 800.799.7233
- Text START to 88788

Crisis Hotlines



Maternal Mental Health Hotline 833-TLC-MAMA

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Key Takeaways

- Perinatal mental health conditions are **the most common and most commonly undiagnosed/untreated complication of childbirth**
- **Not everyone will develop** a perinatal mental health condition, but **everyone will know someone** who does
- All of **PSI's services for families are free**, and **you don't need a diagnosis or referral to get help**
- Too much information all at once? **Everything we talk about today is accessible through our website: Postpartum.net or our app, Connect**

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Questions?

Thank you!

Mikah's LinkedIn
Email: mberg@postpartum.net
Connect with PSI

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THE HEALTH DEPARTMENT AND YOU

Medicaid Updates



Giannina Satistevan,
Medical Care Program Associate Lead III,
Access to Health Bureau,
Howard County Health Department

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THE HEALTH DEPARTMENT AND YOU

Medicaid Changes
What's Ahead and What We're Doing

Allysin Houle – Director
Access to Healthcare Services
Bureau

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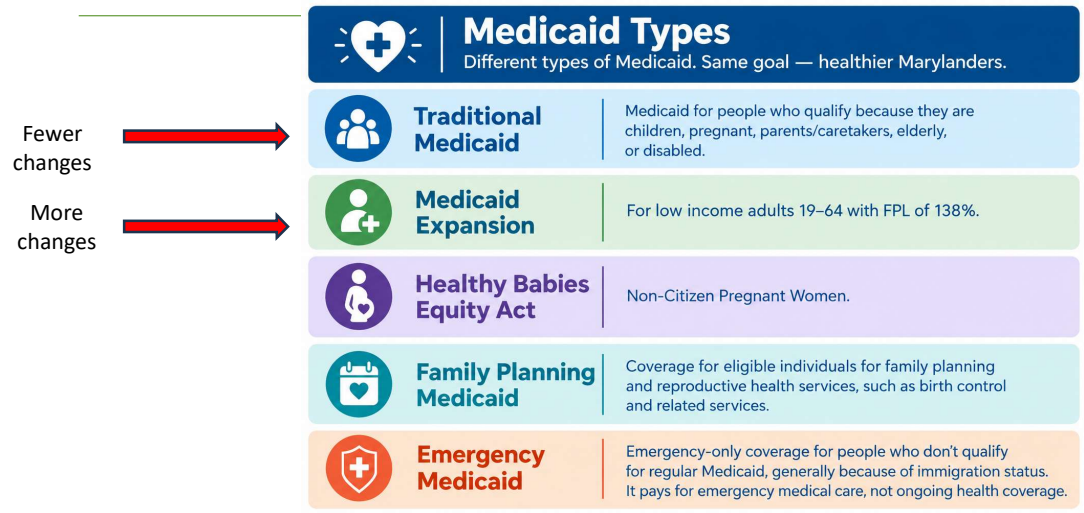
MEDICAID: What Is It?

- A joint **federal**–state program administered by the Maryland Department of Health, providing comprehensive health coverage to ~1.5 million Marylanders—**nearly 1 in 4 residents.** In Howard County, there are 51,781 total individual Medicaid enrollees.
- Plays a crucial role in providing healthcare access and financial support to low-income and disabled individuals.
- The program is a major pillar of the state's health system, covering **40% of births**, nearly **half of all children**, and **80% of nursing home services**, and paying claims to **130,000+ providers.**
- Maryland expanded traditional Medicaid under the Affordable Care Act (ACA) in 2014 to include low-income adults 18-64 years (also known as "ACA Expansion").

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MEDICAID Types



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MEDICAID CHANGES: What's Ahead

H.R. 1, as passed by Congress and signed into law by President Trump, significantly changes Medicaid eligibility rules and will have a substantial impact on Marylanders.

Changes include:

- Eliminates groups eligible for enrollment – October 1, 2026
- Introduces work requirements for certain adults – January 1, 2027
- Increased eligibility redeterminations - January 1, 2027

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Medicaid Eligibility Changes (1/3)

Immigrant Eligibility-Effective October 1, 2026

- **Certain immigrants are no longer eligible for Medicaid:**
  - Refugees
  - Asylees
  - Immigrants granted parole for at least one year, and
  - Certain victims of abuse and trafficking
- Important Note: **Pregnant women and children are not impacted.**
- **Impact: ~15,000 non-citizens in Maryland may lose coverage.** In Howard County: 624 non-citizens.

*November 2025 data.

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Medicaid Eligibility Changes (2/3)

Changes to Work Requirements-Effective January 1, 2027

- Requires states to implement work requirements as a condition of Medicaid eligibility for ACA Expansion adults ages 19-64.
- **Impact: ~115,000 ACA expansion adults could lose coverage.** Requirements apply to more than ~320,000 adults in this coverage group. In Howard County, could affect 3.3% (11,367) of adult residents or 5% of adults in ACA Expansion coverage.

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Medicaid Eligibility Changes (3/3)

- **Increased Frequency of Medicaid renewals / redeterminations (January 1, 2027)**
  - Requires states to conduct eligibility redeterminations once every six months for ACA expansion adults. (Current requirement is annual).
- **Shortened Medicaid retroactive coverage opportunities (January 1, 2027)**
  - Reduces retroactive coverage from three months to one or two months depending on eligibility category.

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Work Requirements

ACA expansion adults aged 19 to 64 are subject to work requirements. *Note, there are a number of categorical and optional exemptions.*

Participants must meet at least 1 of the following criteria:

- Have income of at least $580/month*;
- 80 hours of work per month;
- 80 hours of a SNAP-defined work program;
- 80 hours of community service;
- At least half-time enrollment in a higher education or vocational training program; or
- A combination of 80 hours of the above.

$580 or more (but still under 138% FPL) are considered having met Community Engagement (Work Requirements)

*This is based on the federal minimum wage of $7.25 per hour multiplied by 80 hours; workers who make the State minimum wage could work less than 40 hours per month and still qualify for Medicaid.

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Work Requirement Exemptions

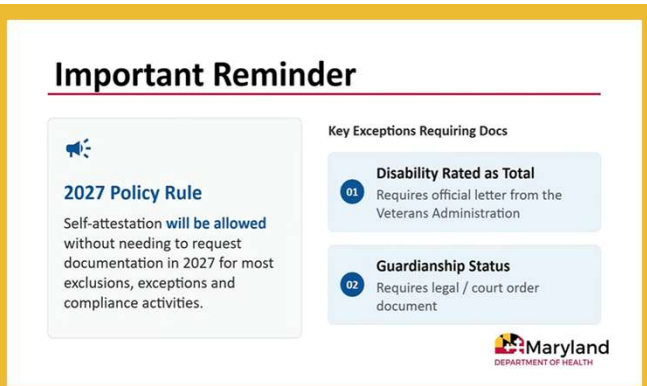
HR1 permits states to accept attestations from individuals related to MANDATORY exemptions.
Note, further guidance from CMS may change this flexibility.

- Parents/Caretakers of Young Children or Disabled Individuals
- Medically Frail Individuals
- Incarcerated or Recently Released from Incarceration
- Pregnant or Postpartum Women
- Participating in SUD Program
- Entitled to Medicare Part A or Enrolled in Medicare Part B
- Former Foster Youth Under Age 26
- American Indians and Alaska Natives
- Disabled Veterans
- Subject to SNAP/TANF Work Requirements

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Work Requirement Cont... (1 of 4)

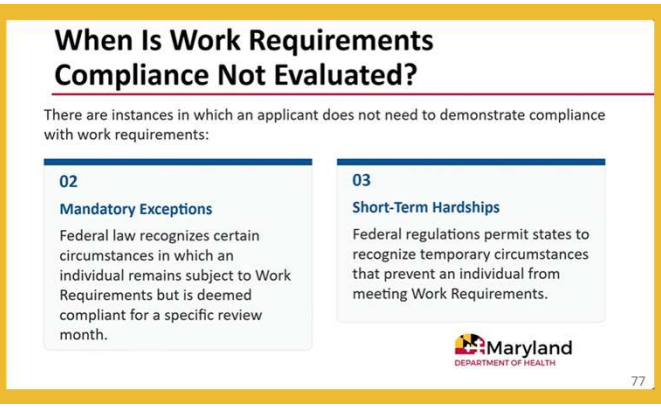
Work Requirements – Self Attestation 2027 / 2028



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Work Requirement Cont... (2 of 4)

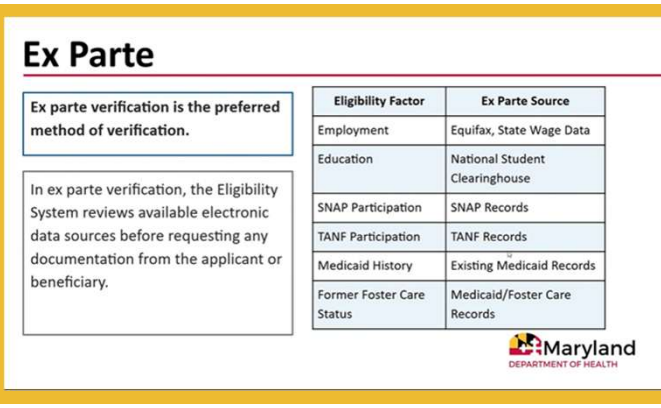
Work Requirements – Examples of System Exemptions



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Work Requirement Cont... (3 of 4)

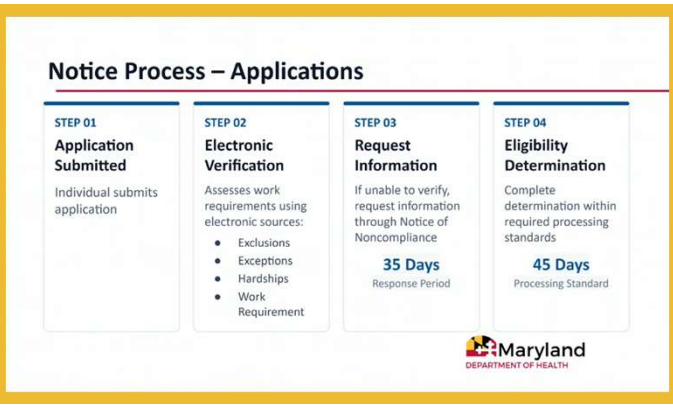
Work Requirements – Examples of System Verifications



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Work Requirement Cont... (4 of 4)

Application Timelines



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ACA Expansion Group Population Summary as of May 2025

What We Know About Employment & Education

It is est. that **~65.7% of ACA adults are working or in school**. The **remainder we estimate are a mix of individuals** who may qualify for an exemption or need to be connected to qualifying activities (e.g., job training or volunteer opportunity) in order to remain eligible for Medicaid.

~65.7% **of childless, non-disabled, adult Marylanders with Medicaid coverage are already working or in school**

Working Full Time (40+ hours/week)		Working Part Time (20-39 hours/week)		Enrolled in an Academic Program
34.3%	**OR**	**24.5%**	**OR**	**15.9%**

**Note: Employment and income are NOT information that Maryland Medicaid collects, but we can generate estimates of who is working and in school using data from the American Community Survey. Used 2023 ACS data from respondents who identified as childless adults aged 19-64, who live in Maryland, were enrolled in Medicaid, and did not report a disability; since individuals can both work and be enrolled in an academic program, the employment and education percentages are NOT mutually exclusive.*

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Medicaid Estimates in Howard County CY 2025

Total Howard Co Population	339,668 (1)
Total Population Ages 19-64 (2)	201, 469
Total ACA Adults 19-64 (1)	11,328 (5.6%)
Total Medicaid Enrollees (1)	51,781
% of County Population in Medicaid (1)	15.3%
Refugees (1)	624

1. Source: **The Hilltop Institute's Public DataPort**:The Hilltop Institute's Public DataPorthttps://hilltopinstitute.org/public-dataport/
2. MDH Estimate

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Health Department Community Action Plan

- Building early awareness of upcoming 2027 Medicaid changes; **regularly remind people**
- Train staff, community health workers & volunteers on changes to policy
- Educate partner agencies through community presentations
- Provide tools to community partners (signage, social / newsletter postings, handouts)
- Attend community outreach events to reach the public
- Leverage other HCHD programs to amplify messages (WIC, SBWC, more)
- Extra staffing from Health Care Access Maryland (HCAM), extended hours during open enrollment
- Sharing low cost healthcare resources

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REQUEST: Help Get The Word Out !

- Post Signage in Your Lobby – help remind your clients
- Add information reminders in your newsletters
- Follow us & re-share Health Department social media posts
- If your clients have questions refer them to HCHD or St



RESOURCES: HCHD Medicaid Contact

Howard County Health Department/Medicaid Unit at
410-313-5845 Monday thru Friday 8am to 4pm

Maryland Health Connection
- Visit www.marylandhealthconnection.gov
- **1-855-642-8572 (1-855-642-8573 voice/relay)**

Audience Focused Websites

Maryland Residents

Maryland Health Connection

- The HUB for residents checking Medicaid Status
- Will continue to grow with additional resources

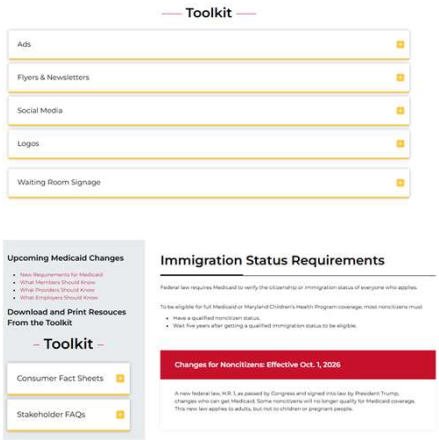
marylandhealthconnection.gov/checkin

Providers

MD Dept. of Health

- Tool Kits, FAQ, Signage
- Will continue to grow with additional resources

health.maryland.gov/mmcp/Pages/workrequirements.aspx



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Low-Cost Health Care Resources: HCHD Programs

Administrative Care Coordination Unit (ACCU)	410-313-7323
Medical Assistance Transportation Program (MATP)	1-877-312-6571
Community First Choice/Nurse Monitoring Program	410-313-6437
Cancer Prevention and Control Program *	410-313-4255
Reproductive Health Program *	410-313-7500
Immunizations Program *	410-313-7500
School Based Wellness Center Program *	410-313-6362

*** Uninsured**

A low-cost healthcare resources list is in development

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THANK YOU

Allysin Houle
Director, Bureau of Access to Healthcare Services

Howard County Health Department
8930 Stanford Blvd | Columbia, MD 21045
ahoule@howardcountymd.gov | Phone: (410) 313-7528
Website: www.hchealth.org

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Reminder…
Please use the Chat Box or Raise your Hand to ask questions

Presentation will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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BREAK – 10 MINUTES



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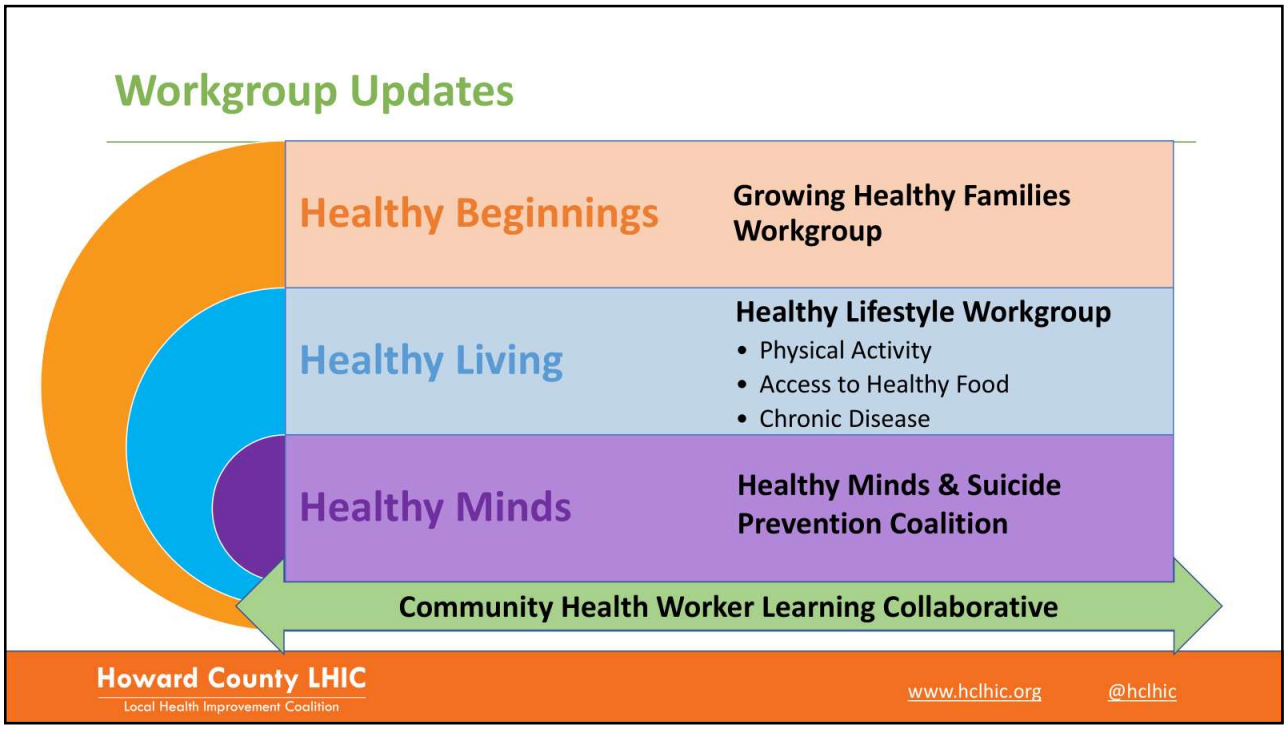
Howard County Local Health Improvement Coalition: Workgroup Updates

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Local Health Improvement Coalition

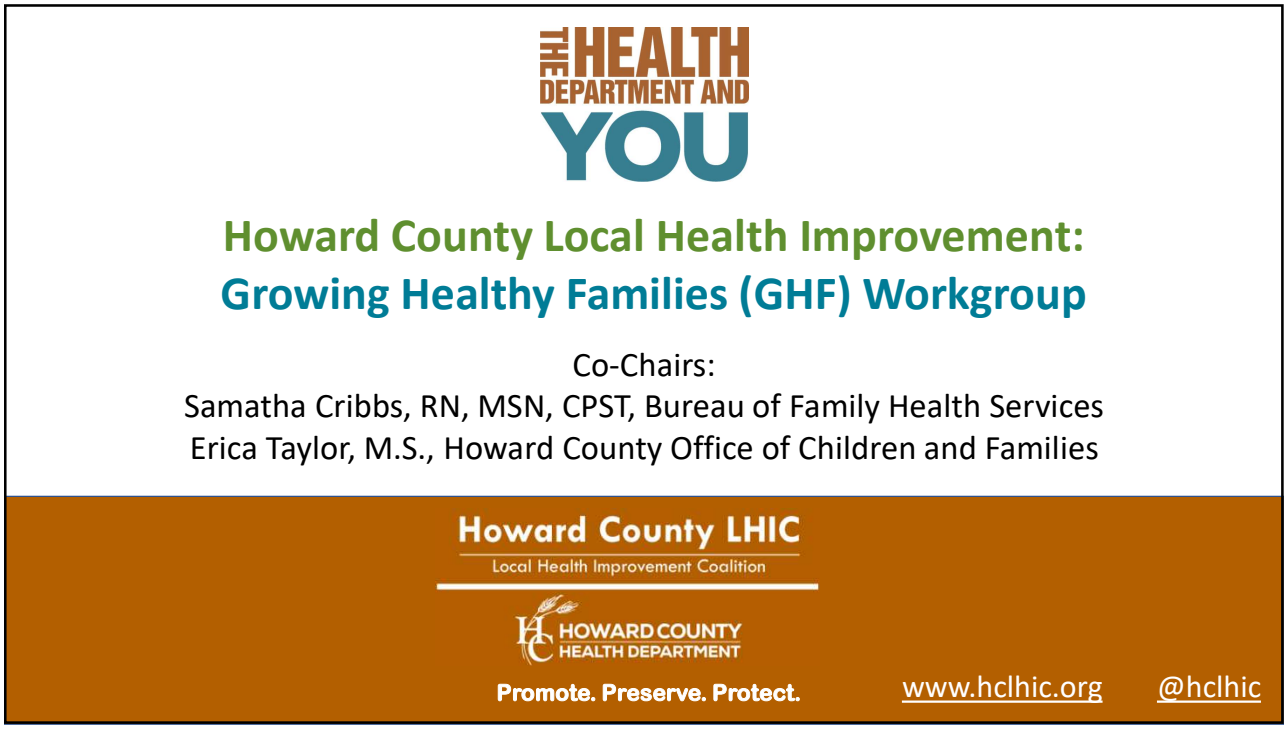
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Workgroup Updates
Healthy Beginnings
Growing Healthy Families Workgroup
Healthy Living
Healthy Lifestyle Workgroup
• Physical Activity
• Access to Healthy Food
• Chronic Disease
Healthy Minds
Healthy Minds & Suicide Prevention Coalition
Community Health Worker Learning Collaborative
Howard County LHIC
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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
Howard County LHIC
Local Health Improvement Coalition
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Growing Healthy Families Updates

- **Women's Health Focus Groups**
  - The draft of the Women's Health Focus Group Report has been completed, and the final report is expected to be completed by the end of November. Once finalized, the Executive Summary will be posted on the HCLHIC website, while the full report will be available upon request.
- **Growing Healthy Families (GHF) Workgroup**
  - The next Growing Healthy Families Workgroup Co-Chair Meeting is scheduled for October 22, and the next GHF Workgroup Meeting will be held on November 18.

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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

- Falls Prevention + Walktober 2026 – Planning meetings ended in September 2026.
- Walktober 2026 started with 40 events.
- Food Connections Map video created and posted on the HCLHIC website.
- Safe Routes to School grant ended in September 2026.
  - Walk Audit in May 2026
  - Communications campaign on National Walking Month in May
  - Bike Rodeo event in September 2026
  - Participated in Walk/Bike Bus in September 2026
  - Educational stations provided during the Back to School Night at Mayfield Woods Middle School in September 2026
- Walking groups – sign up form here: https://bit.ly/letswalkhoco. Scan:
- Nutrition classes at North Laurel Community Center with Family Options Program started on October 8 and will continue for 8 weeks.

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THE HEALTH DEPARTMENT AND YOU

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

- The next HMSPC Workgroup Meeting will be held on November 12.
- The HMSPC Workgroup is planning another Firearm Safe Storage Workshop for March 2027. The initial planning meeting was held on October 13, 2026. Planning efforts are currently underway, including identifying and securing a suitable venue for the event.

THE HEALTH DEPARTMENT AND YOU

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

Co-chairs:
María José Candanoza, MPH, CCHW, HCLHIC
Amanda Toohey, MPH, Johns Hopkins Howard County Medical Center

CHWLC Updates (1 of 4)

- **CHW Promotional Opportunities:**
  - **Photovoice Project:** Successfully hosted 6 Photovoice Exhibitions from October 2025-October 2026. Developed Impact Reports for Elkridge, Savage/Jessup, Harper's Choice, Ellicott City and Oakland Mills Photovoice events, which will be made publicly available soon.
  - Preparing for the next Photovoice Exhibitions on November 9, 2026 featuring the community of Owen Brown. Register here.

CHWLC Updates (2 of 4)

- **CHW National Awareness Week Activities:**
  - During the last two weeks of August, we conducted multiple community outreach and tabling events across Howard County in recognition of **CHW National Awareness Week**. These events focused on increasing public understanding of:
    - Who Community Health Workers are
    - The diverse roles CHWs play in outreach, education, navigation, and community support
    - How individuals can become CHWs, including pathways to certification and local training opportunities
  - These activities directly support **Goal 2** of our FY26–28 CHWLC objectives by elevating CHWs as trusted advocates and strengthening public awareness of the profession.

CHWLC Updates (3 of 4)

- **Strengthening Workgroup Capacity and Resource Sharing**
  - Resource mapping and internal collaboration: This effort aligns with **Goal 1**, which focuses on developing a centralized CHW network and enhancing accessible, culturally appropriate resource sharing across the county.
- **CHWLC Meeting on September 16:**
  - Reviewed progress toward FY26–28 CHIP goals
  - Alzheimer/Dementia Awareness and Education
  - Reflected on outcomes from CHW National Awareness Week
  - Discussed strategies to strengthen communication and referral pathways
  - Identified upcoming professional development needs and opportunities

CHWLC (4 of 4)

- **Community Assets Profile Project – Near Completion**
  We are nearing completion of the Community Assets Profile Project. This year-long initiative required extensive collaboration and engagement, and we are proud of both the process and outcomes. Deliverables include:
  - A virtual community asset map capturing all identified resources
  - Multiple Photovoice exhibitions reflecting community strengths, challenges, and lived experiences
- **Photovoice Impact Reports:**
  - These reports will serve as important tools to support:
    - Community education
    - Program and service improvement
    - Awareness and outreach
    - Advocacy efforts related to health equity

THE HEALTH DEPARTMENT AND YOU

Howard County Local Health Improvement Coalition: 2026-2028 HCLHIC Updates

Maribet Rivera-Brute, MPH

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CHIP Action Plan FY26-28 Updates

- Action Plan for the 4th quarter has been updated.
- Visit the HCLHIC website for more information.

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

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Mental Health Care in Women Howard County (1 of 2)

- Poll- Word cloud: What one word describes the type of mental health care that is hardest to find under Medicaid in Howard County right now?
- Slido link: https://app.sli.do/event/wbtdmk3zXqQDQowSc68pEU/embed/polls/cc9bf268-e2cd-44c6-a31a-81923fe27c71

Mental Health Care in Women in Howard County (2 of 2)

- What can we do to help ease the stigma on mental health in women?
- How can you support the gap of the Medicaid changes and mental health care with postpartum women? What could you bring to the table? What strategies do you suggest?

THE HEALTH DEPARTMENT AND YOU

Howard County Food Council Updates

Emily Harris, MS, RDN, LDN

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Please use the Chat Box or Raise your Hand to ask questions

Presentation will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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THE HEALTH DEPARTMENT AND YOU

Member Announcements, Resource Sharing, and Networking

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2027 Full LHIC Quarterly Meetings

- The schedule for the 2027 Full LHIC meeting is available now!
- To register, please visit: 2027 Full LHIC meeting registration link



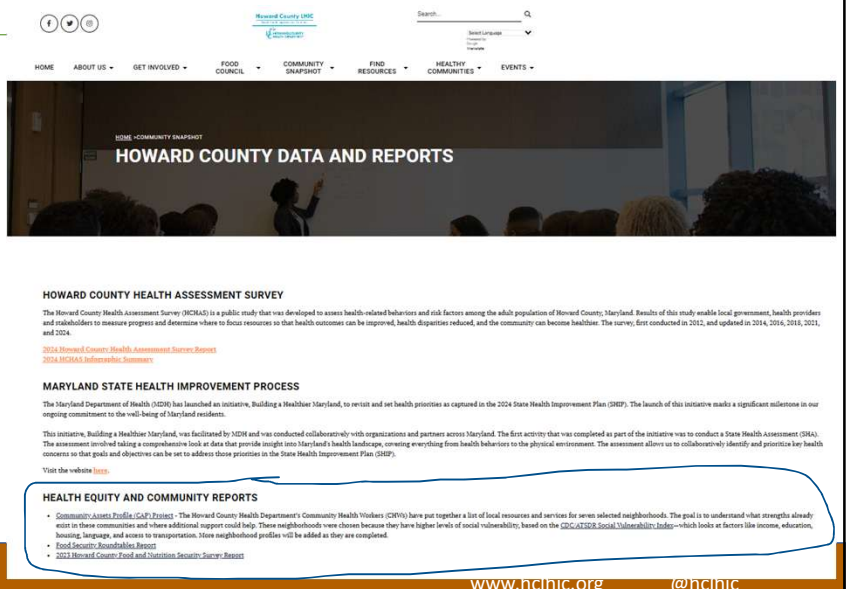
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Community Assets Profile Project

- The Community Assets Profile (CAP) project is now available on our website.
- Take a look by clicking here.



Howard County Health Department CHW Website

- We invite you to visit and share the Community Health Workers website:
- https://www.howardcountymd.gov/health/community-health-workers-chws
- Connect with us at chw@howardcountymd.gov



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**.
👉 To join the Jessup/Savage WhatsApp group, click **here**.



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LHIC Digital Content Tools

- Newsletter content
- E-banners:
  - Find food and nutrition resources
  - Find mental health resources



- https://www.hclhic.org/membership/newsletter-tools

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Walktober 2026

- **Let's Walk, Roll, Ride, MOVE! – Howard County Walktober 2026** is a month-long celebration of walking and active living during October. HCLHIC needs your support by hosting at least one walking or movement event during Walktober 2026.
  - **How to get involved:**
    - **Complete** the HoCo Walktober 2026 Interest Form **to receive** Walktober giveaways, flyers, and educational materials for your events.
    - **Add** the Howard County Walktober 2026 logo to your event's promotional materials.
    - **Visit** https://www.howardcountymd.gov/walktober to learn about events near you.
    - **Email** your promotional materials to Christine Ballou at cballou@howardcountymd.gov**.**

Columbia Photovoice – Owen Brown

Join Community Health Workers for a special Photovoice Community Exhibition featuring the Owen Brown community.

🗓️ **Date and Time:** Monday, November 9, 2026, 5:00 – 6:30 pm

📍 **Location:** East Columbia 50+ Senior Center, 6610 Cradlerock Way, Columbia, MD 21045

🔗 **Registration is strongly encouraged.** Click here to learn more and to register.

For questions or accommodation requests, please email chw@howardcountymd.gov.



Save the Date: Community Advocacy 101

- In collaboration with the University of Maryland, Francis King Carey School of Law, Legal Resource Center for Public Health Policy, we will hold an advocacy training for community members and organizations.
  - 🗓️ **Date:** Monday, November 16, 2026
  - ⏰ **Time:** 5:30 – 7:00 PM
  - 📍 **Location:** Howard County Health Department, Heroes A Conference Room, 8930 Stanford Blvd, Columbia, MD 21045
- Registration opens October 22. Light meal to be provided.
- Register here.

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Sister, Soar! Fall After-School Running Club

Sister, Soar! is a Fall after-school running club by Sisters for Health that empowers middle school girls of color to build confidence, community, and healthy habits.

🗓️ **Dates and Time:** September 22 – October 31, 2026, Tuesdays and Thursdays, 6:00 pm – 7:30 pm
📍 **Location:** Howard County Library System – East Columbia Branch, 6600 Cradlerock Way, Columbia, MD 21045
🔗 Click here to learn more and to register.
Please contact them at sisforhealth@gmail.com or call 📞 410-635-0387 for more information.



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Parents & Caregivers: Become a Baby LEADer!

Parents' Place of Maryland (PPMD) is accepting applications for its FREE virtual Baby LEADers training program for families of children from birth to age 5 who have a suspected or diagnosed developmental delay or disability.



Application Deadline: October 16, 2026

Mandatory Orientation:
October 20, 2026, 12:00 – 1:00 pm OR 7:00 – 8:00 pm

Virtual Training Sessions:
Saturdays at 9:30 am – 12:00 pm
October 31, November 7, 14, 21, December 5, 2026

Thriving Through Midlife: A Conversation About Women's Health

Join the Howard County Office of Aging and Independence (OAI) and the Commission for Women for "Thriving Through Midlife," a panel discussion designed to provide information and resources to help women make informed and empowering decisions about their health.



Date and Time: Thursday, October 22, 5:30 – 7:30 pm
Location: St. John Baptist Church, 9055 Tamar Dr, Columbia, MD 21045
FREE admission
Register here.

Family Leadership Program

Maryland Coalition of Families (MCF) is offering a FREE, two-day Family Leadership Program for Howard County parents and caregivers of school-aged children with mental health challenges.

🗓️ **Dates and Times:** Friday, October 23, 5:00 - 9:00 pm, and Saturday, October 24, 8:00 am - 4:30 pm
📍 **Location:** Hilton Garden Inn, 8241 Snowden River Pkwy, Columbia, MD 21045

👉 The program is completely free and includes meals and a place to stay. Limited space. Learn more and apply here.



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LARS Mama & Baby Mobile Health Unit

The Mama & Baby Mobile Health Unit is bringing free healthcare services directly to the community at Laurel Advocacy and Referral Services (LARS) twice each month!

Services are provided free of charge.

🗓️ **Dates:** Saturday, October 27, 2026
📍 **Location:** Laurel Advocacy & Referral Services (LARS), 311 Laurel Avenue, Laurel, MD 20707
📞 For appointments, call (301) 437-5788.



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Community Baby Shower

Zeta Phi Beta Sorority, Incorporated – Lambda Gamma Zeta Chapter, in collaboration with Trinity Maternal Wellness and the Howard County Office of Children and Families, invites you to its Community Baby Shower!



🗓️ **Date and Time:** Saturday, November 7, 2026, 10:00 am – 1:00 pm
📍 **Location:** Cradlerock Elementary School, 6700 Cradlerock Way, Columbia, MD 21045

🔗 Click here to learn more and to register.
✉️ Questions? Email lrhodes@howardcountymd.gov.

FREE Cold Weather Gear Giveaway!

The Howard County Office of Community Resources and Services, in partnership with GRACE, is offering FREE cold weather gear for all ages and sizes, from infants to adults!



🗓️ **Date:** Saturday, October 17, 2026
⏰ **Time:** 10:00 am – Noon
📍 **Location:** North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel, MD 20723
✨ All items are available while supplies last!
📞 Questions? Contact Valerie Mathis at 410-313-0242 (voice/relay) or vmathis@howardcountymd.gov.

The Pink Bag Event

The Mall in Columbia, in partnership with the United Breast Cancer Foundation (UBCF) and The Red Devils, invites the community to the Pink Bag event.

🗓️ **Date and Time:** Saturday, October 17, 2026, 11:00 am – 2:00 pm
📍 **Location:** The Mall in Columbia – Center Court, 10300 Little Patuxent Pkwy, Columbia, MD 21044

💗 Planning to attend? RSVP to HCGH-Cancer-Center@jhmi.edu and include your name and county of residence. For more information, call 410-730-3300.



The Breast Care Collective

Join the WIIN Breast Care Foundation for The Breast Care Collective, a free community health and wellness event focused on breast care.

🗓️ **Date and Time:** Saturday, October 17, 2026, 11:00 am – 3:00 pm
📍 **Location:** Stonehouse Community Center, 6110 Foreland Garth, Columbia, MD 21045

🔗 Register here.



Fostering Hope Summit

Students in grades 7–12 and adults are invited to the Fostering Hope Summit, a FREE, all-expenses-paid event designed to provide practical tools, resources, and connections to help navigate everyday challenges.

🗓️ **Date and Time:** Saturday, November 7, 2026, 12:00 –4:00 pm
📍 **Location:** Krav Maga Maryland**,** 8895 McGaw Road, Columbia, MD

🔗 Register here. For more information, contact taylor@blossomsofhope.org.



Our Boys, Our Men, Our Future: Health and Wellness Fair

Join the Howard County Office of Human Rights & Equity and community partners for a FREE Health and Wellness Fair designed to support the health and well-being of men and boys in our community.

🗓️ **Date and Time:** Saturday, November 21, 10:00 am - 12:00 pm
📍 **Location:** Harriet Tubman Cultural Center, 8045 Harriet Tubman Lane, Columbia, MD 21044

🔵 For more information, contact Ovan Shortt at 410-313-1453 (voice/relay) or oshortt@howardcountymd.gov.



Tobacco & Cannabis Announcements

- **HCHD Tobacco and Cannabis website**
  Learn more about, Nicotine Use Prevention and Cessation, Tobacco/Nicotine Retailer Education and Enforcement, and Legal and Safe Cannabis Use.

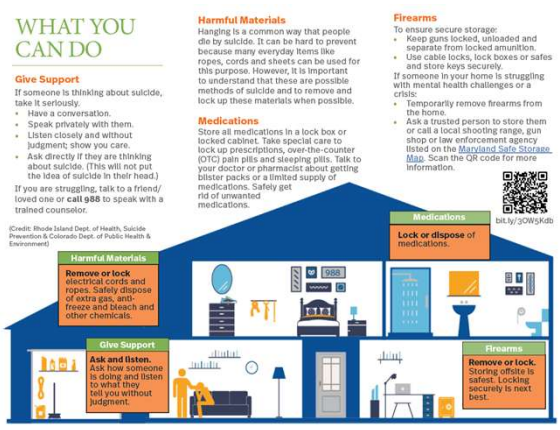
- **Requests for Tobacco & Cannabis Prevention presentations and materials**
  Complete the Community Health Education Request Form found on the HCHD homepage

Scan me

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Safeguard your homes brochures





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 ANNOUCEMENTS

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

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NEXT STEPS & WRAP UP

2027 Quarterly Hybrid Full Coalition Meetings:

Register

Thursday, January 21, 2027, at 9:00 - 11:00 AM

Presentation will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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