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.

This meeting will be recorded…Presentation and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

THE HEALTH DEPARTMENT AND YOU

Howard County Local Health Improvement Coalition

Full Coalition Meeting

October 17, 2024

GOAL & AGENDA

GOAL: Present Community-Based initiatives to prevent Falls among priority populations in Howard County and overview of the Community Health Improvement Plan (CHIP) process in support of the Healthy Beginnings, Healthy Living and Healthy Minds priorities.

AGENDA:

A. Welcome & Introductions

B. Falls Prevention Community Initiatives

D. HCLHIC Community Health Improvement Plan (CHIP) Process Overview

E. Member Announcements, Resource Sharing & Networking

F. 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

Presentations and recording will be posted at
www.hclhic.org

For additional information or questions contact
lhic@howardcountymd.gov

Falls Prevention Community Initiatives

Kristie Barron, PT, DPT
Injury Prevention Coordinator
R Adams Cowley Shock Trauma Center, University of Maryland Medical System
&
Rachel Krug
Community Outreach Coordinator
R Adams Cowley Shock Trauma Center, University of Maryland Medical System
&
Daniel Besseck, MHA
Paramedic/Firefighter,
Howard County Fire and Rescue, Mobile Integrated Health

UNIVERSITY of MARYLAND MEDICAL SYSTEM

Injury Prevention Programs from the

R Adams Cowley Shock Trauma Center

HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION HYBRID MEETING: OCTOBER 17TH, 2024

SHOCK TRAUMA CENTER FOR INJURY PREVENTION & POLICY

Kristie Barron & **Rachel Krug**
Injury Prevention Coordinator | Community Outreach Coordinator

compassion | discovery | excellence | diversity | integrity

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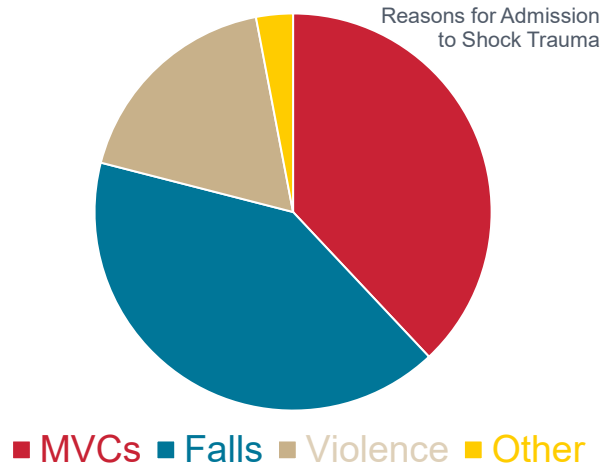
Overview of STC & Injury Prevention



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Overview of STC & Injury Prevention

- **MVC Related Programs**
  - Drunk/Impaired Driving Class
  - ThinkFirst Teen Road Safety Class
- **Falls Related Programs**
  - ThinkFirst Fall Prevention Class
  - Coming soon: exercise-based fall prevention classes
- **Violence Program**
  - SMART Program (Saving Maryland's At Risk Teens)
  - Violence Intervention Team, Bridge Team
- **Other**
  - ThinkFirst Teen Trauma Prevention Class
  - ThinkFirst Concussion/Head Injury Teen Talk
  - STOP THE BLEED

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Overview of STC & Injury Prevention

- **On-site at STC**
- **In the community**
  - Schools
  - Community centers
  - Senior centers
  - Summer camps
  - Health fairs/exhibitions
  - Gyms

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Current Focus:

Fall Prevention

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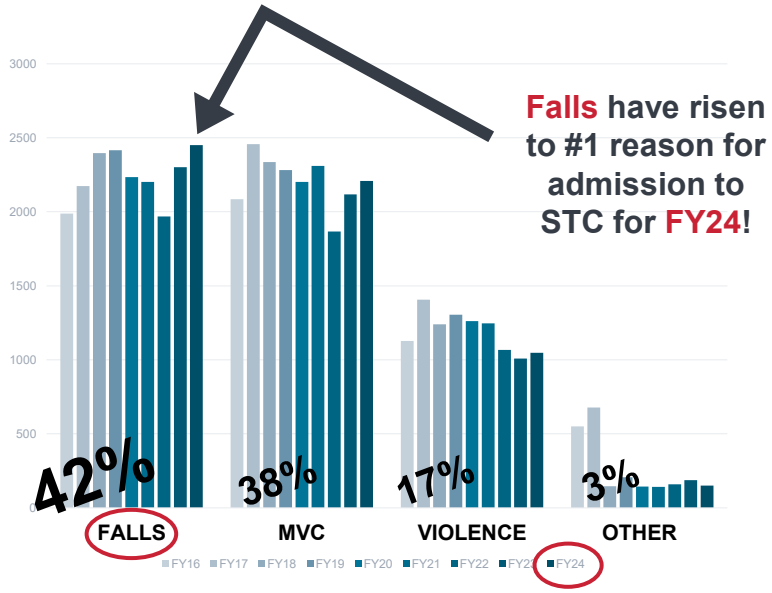
Overview of STC & Injury Prevention



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Scope

- Of the 5,858 total admissions to STC in FY24*, **327 patients** (or ~6% of all admissions) were from Howard County
- Of those **327, 154 patients** (or ~47%) were admitted due to a fall
  - Most common age range: 57-85
  - Most impacted areas: Ellicott City and Columbia
  - ~40% female and ~60% male

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Scope

- Majority of all STC falls admissions occur at home
- Majority of all STC falls admissions are ground-level falls (slipping, tripping, stumbling, etc.)
- Average age for those admitted to STC for a fall is 64

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Scope

- Bring evidence-based programming into to the community
- Offer to any interested community groups or organizations
  - Local skilled nursing facilities, retirement communities, senior centers, ALFs, gyms, YMCAs, libraries
- **Goals: educate** the public, **decrease** the number of falls-related admissions to Shock Trauma, and **keep Marylanders safe**

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Scope

- STC Center for Injury Prevention & Policy
- UMMC Falls Committee
- UMMC Patient Family Education Council
- ThinkFirst! National Injury Prevention Foundation

ThinkFirst
National Injury Prevention Foundation

R ADAMS COWLEY SHOCK TRAUMA CENTER

UNIVERSITY of MARYLAND MEDICAL SYSTEM

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The Class

- Class Details:
  - One-hour lecture-style class
  - Geared towards **older adults** (though open to **anyone** interested in learning more about preventing falls – caregivers, family members, friends, healthcare providers, etc.
  - Taught by a Shock Trauma expert (physical therapist, occupational therapist, nurse, doctor, nurse practitioner)

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The Class

- Class Content:
  - Home safety
  - Medication management
  - Nutrition
  - Talking with your physician
  - Getting up after a fall
  - Exercises

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The Class

- What participants receive:
  - **Handouts** to take home on all falls-related topics discussed
  - Falls-themed **giveaways** for home safety: *motion-sensor night lights, non-slip socks, notepads, pens*

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Goals

- **Educate** the public
- **Decrease** the number of falls-related admissions to Shock Trauma
- **Reduce** dollars spent
- **Promote** health and wellness
- **Keep Marylanders safe!**

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Current/Future Howard County Outreach for FY24

- 07/30 Stop The Bleed at Glenwood Branch Library (Public Class)
- 08/19 Stop The Bleed at Atholton High School (Teacher PD Day)
- 08/19 Stop The Bleed at Mount View Middle School (Teacher PD Day)
- 08/27 Stop The Bleed at Elkridge Branch Library (Public Class)
- 09/09 Stop The Bleed at Miller Branch Library (Public Class)
- 09/05 Fall Prevention Class at Sunrise of Columbia
- 09/05 Stop The Bleed at Victory Packaging
- 09/08 Stop The Bleed at Beth Shalom Congregation
- 09/23 Fall Prevention Class at the Ellicott City YMCA
- 09/23 Stop The Bleed at East Columbia Branch Library (Public Class)
- 09/19 Table Event at the Ellicott City 50+ Center
- 09/20 Table Event at the Glenwood 50+ Center
- 10/09 Stop The Bleed at Homewood Center (Teacher PD Day)
- 10/28 Concussion/Head Injury Teen Talk at Centennial High School
- 10/28 Table Event at the Howard County Fire & Rescue Resource Fair
- 10/29 Stop The Bleed at Savage Branch Library (Public Class)
- 11/26 ?Stop The Bleed at TBD Library (Public Class)
- 12/09 Fall Prevention Class at the Ellicott City YMCA
- 12/31 ?Stop The Bleed at TBD Library (Public Class)
- 01/16 Trauma Prevention Teen Talk at Long Reach High School
- 03/21 Fall Prevention Class at the North Laurel 50+ Center
- 03/26 Trauma Prevention Teen Talk at Centennial High School
- 03/31 Fall Prevention Class at the Ellicott City 50+ Center
- 04/23 Trauma Prevention Teen Talk at River Hill High School

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MOBILE INTEGRATED COMMUNITY HEALTH (MICH)

FIREFIGHTER/PARAMEDIC DANIEL BESSECK

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Fun Numbers

1998
Since 1998 ALF's contribute to 75% of all new senior housing

2030
By 2030 it is expected 21% of residents will be 65+

2060
By 2060 24% of the American population will be older than 65

2022
As of 2022 14.7% of Howard County residents are 65+

2030
By 2030 the 85+ population will more than double to 9,700

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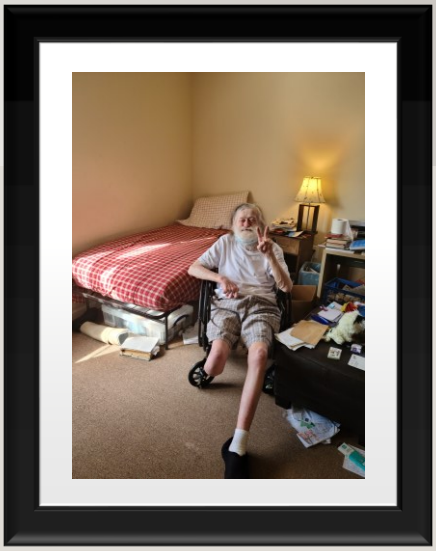
- 75 year old Vietnam veteran living in Ellicott City
- Frequently called 911 for falls and help managing chronic medical conditions
- Income limited & facing eviction
- Functionally living and sleeping in his wheelchair
- MICH was referred
- Obtained a home physician service
- Received VA benefits
- Corporate sponsorship for a new mattress



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TARGETED POPULATIONS

- High 911 and ED users (5+ 911 calls in a 6-month period, 3+ in 2-months)
  - Mobility impaired
  - Homebound
  - Socially isolated
  - Those lacking resources in their home environment
  - Patterns of utilization

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CASE CONFERENCE

THE CASE CONFERENCE CAN BE USED FOR INFORMATION SHARING OF CLIENTS THAT MAY CROSS MULTIPLE PROGRAMS

COMPRISED OF FIRE & RESCUE, HOWARD GENERAL, OFFICE ON AGING, HEALTH DEPARTMENT

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THE HOME VISIT

HOME VISITS WILL BE CONDUCTED PRIMARILY ON MONDAY AND FRIDAYS BETWEEN 9-1

THE INITIAL VISIT OCCURS BETWEEN A PARAMEDIC AND A CHW

SUBSEQUENT VISITS WILL BE SCHEDULED BY THE NEEDS OF THE CLIENTS AND THE RESOURCES NEEDED

THIS WOULD INCLUDE SME'S (COMMUNITY HEALTH NURSE, SOCIAL WORK, ETC.)

CLIENTS WILL BE GRADUATED IDEALLY NO MORE THAN 45 DAYS FROM ENROLLMENT

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THE FIGURES & NUMBERS

- One-month post-MICH graduation, the total charges per client for all healthcare decreased by $3,118. Three months after graduation, the total expenses per client for all healthcare decreased by $27,309.
- A second financial summary indicates that clients were steered to lower-cost healthcare services. The total charges per visit decreased by $468 per client one month after graduation and $1,572 after three months.

	# 911 Calls	# ED Visits	# Admissions	LOS 6
Total utilization /6 months prior to MICH	226	114	47	260
Average utilization per client prior to MICH	7.79	3.93	5.97	34.09
Total utilization /6 months Post MICH	34	27	8	59
Average utilization per client prior to MICH	30.48	15.13	5.97	34.09
Percent Reduction	84.98%	76.34%	82.72%	77.37%

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Incidents Howard

Total Number of Records: 9

Row	Agen	CAD Number	Incident#	Exp#	Alarm Date	##	Street	Situation Found	Don	Officer In Charge	First	Recorded By	Submitted
1	13002	F22040625	2022-035558	00	11/11/2022 10:14		HERMITAGE DR	EMS call, excluding vehicle accident with injury	Y	Cruz	Allison	Haines	12/05/2022
2	13002	F22040549	2022-035486	00	11/10/2022 16:20		HERMITAGE DR	Medical assist, assist EMS crew	N	Besseck	Daniel	Besseck	
3	13002	F22040428	2022-035378	00	11/09/2022 20:02		HERMITAGE DR	Assist invalid	Y	Proctor	Jaime	Proctor	12/05/2022
4	13002	F22038090	2022-033497	00	10/25/2022 15:50		HERMITAGE DR	Assist invalid	Y	Proctor	Jaime	Proctor	12/05/2022
5	13002	F22036995	2022-032223	00	10/14/2022 21:16		HERMITAGE DR	Emergency medical service incident, other	N	Gregory	Ryan	Medina	
6	13002	F22036913	2022-032157	00	10/14/2022 11:46		HERMITAGE DR	Medical assist, assist EMS crew	N	Besseck	Daniel	Besseck	
7	13002	F22036844	2022-031922	00	10/12/2022 18:43		HERMITAGE DR	Service Call, other	Y	Helms	Robert	Helms	12/05/2022
8	13002	F22035885	2022-031225	00	10/09/2022 19:28		HERMITAGE DR	EMS call, excluding vehicle accident with injury	Y	Helms	Robert	Helms	12/05/2022
9	13002	F21030899	2021-025577	00	09/05/2021 01:56		HERMITAGE DR	EMS call, excluding vehicle accident with injury	Y	Talley	Jada	Talley	06/13/2022

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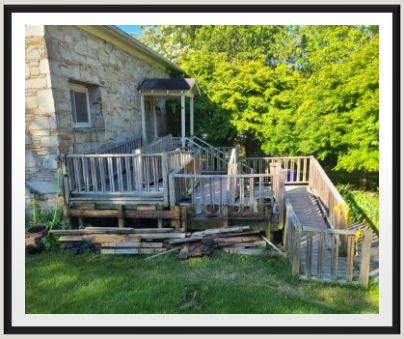

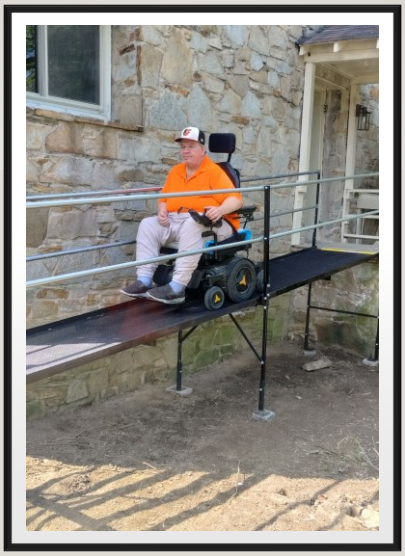

ELKRIDGE RAMP PROJECT

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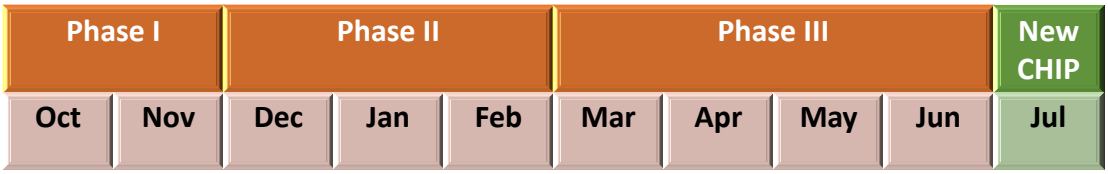
BREAK – 5 MINUTES

FY 26 – 28 CHIP Process Timeline

- Using Modified Mobilizing for Action Through Planning and Partnerships (MAPP) 2.0 Framework



PHASE I

- Build the Community Health Improvement Foundation
  - *This phase invites many partner organizations and people to plan for MAPP*

Components	Timeline	Responsible
• Review current CHIP with co-chairs • Review CHIP process at full LHIC meeting	Oct	LHIC staff

• Convene Steering Committee
  • Visioning
  • Review current CHIP + goals for new plan
	Nov	LHIC staff
		St. Cmte.

PHASE II

- Tell the Community Story
  - *This phase includes preparation, application, and analysis of the three assessments*

Components	Timeline	Responsible
Data Assessment & Review	**Dec**	• Epi • St. Cmte.
Root Cause Analysis of Issues at Workgroup Meetings	By Jan	• QI • Partners
Community Input	Feb	• CHWs • LHIC staff

PHASE III

- Continuously Improve the Community
  - *This phase centers on developing the CHIP by priority issues and applying and evaluating strategies by community partners*

Components	Timeline	Responsible
• Review Issue Profiles, Assets & Community Input • Discuss potential goals, objectives, activities, timeline, responsibility, metrics	**Mar**	St. Cmte.
• Draft CHIP • Feedback from Steering Committee & full LHIC	Apr	St. Cmte. LHIC
• Voting + Finalization	May + June	LHIC

FY 26 – 28 CHIP

- Presentation at July 2025 Full LHIC Meeting
- Alignment with:
  - Hospital CHNA
  - MDH SHIP
- **Year 1** - FY 26: July 2025 – June 2026
- **Year 2** - FY 27: July 2026 – June 2027; *Mid-Point: December 2026*
- **Year 3** - FY 28: July 2027 – June 2028; *End-Point: June 2028*

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Member Announcements, Resource Sharing and Networking

The State of Maryland

Proclamation

From the Governor of the State of Maryland

WALKTOBER
OCTOBER, 2024

WHEREAS, The Moore-Miller Administration is committed to ensuring Maryland's transportation infrastructure connects all Marylanders to life's opportunities and that no one is left behind; and

WHEREAS, Maryland's official exercise – walking, with or without assistance – is an activity available to people of all ages and abilities and provides many physical and mental health benefits; and

WHEREAS, WALKTOBER, now in its fifth year, brings agencies together to support and encourage safe walking through resources and events such as Walk Maryland Day on October 2; and

WHEREAS, WALKTOBER is a reminder that everyone is a pedestrian at some point during our day; and

WHEREAS, The State of Maryland would benefit from highlighting pedestrian safety in conjunction with our Federal Partner, the National Highway Traffic Safety Administration, which declared October National Pedestrian Safety Month.

NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim OCTOBER 2024 as WALKTOBER in Maryland, and do commend this observance to all of our citizens.

Given Under My Hand and the Great Seal of the State of Maryland, this 7th day of October in the Year of our Lord two thousand twenty-four

Governor

Lt. Governor

Secretary of State

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Howard County
Office on Aging and Independence

Older Adult Mental Health Forum
Tuesday, October 22, 2024 (virtual)
11 a.m. - 12:30 p.m.

Bullying and the Older Adult: Mental Health Effects

October is National Bullying Prevention Month. Unbeknownst to many, older adults are bullied at an alarmingly high rate. October's presentation objectives are: learning to recognize bullying; identifying the effects on older adult mental health; improving interactions; and increasing awareness. Proactive approaches and practical resources designed to minimize and prevent older adult bullying are also included.

Speaker:

Jacke Schroeder, LCSW-C
Director, Elder Abuse Awareness Program
CHANA, Associated Jewish Federation of Baltimore

Registration Link:
https://bit.ly/HoCo-OAIMentalHealthForum24

For additional information please contact:

Karen Hull, Mental Health Program Coordinator
Howard County Office on Aging & Independence
410-313-7466 (voice/relay)/khull@howardcountymd.gov

If you need this document in an alternative format, call 410-313-1234 (voice/relay).
If you need accommodations to participate, please call at least one week in advance.

HOWARD COUNTY HEALTH DEPARTMENT Promote. Preserve. Protect.

Time to Get Your Flu Shot

Scan the QR code or visit bit.ly/HoCoFlu for more information about where to get a flu shot.

Why get a flu shot:
- Protect yourself from getting sick
- Protect friends and family from getting sick
- Prevent serious illness if you do get the flu

THE HEALTH DEPARTMENT AND YOU

For questions about the flu vaccine, contact Will Doyle, RN, at the Howard County Health Department: 410-313-7543

10/2024

410.313.6300 | hchealth.org | @hocohealth

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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!

NEXT STEPS & WRAP UP

2025 Quarterly Hybrid Full Coalition Meetings:

Register

- **January 16, 2025 at 9:00 - 11:00am**
- **April 17, 2025 at 9:00 - 11:00am**
- **July 17, 2025 at 9:00 - 11:00am**
- **October 16, 2025 at 9:00 - 11:00am**

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

THE HEALTH DEPARTMENT AND YOU

Thank you

LHIC Team

LHIC@howardcountymd.gov