



Howard County Local Health Improvement Coalition

Healthy Minds & Suicide Prevention Coalition

September 9, 2024

2:00 pm – 3:00 pm

Virtual via Zoom

Minutes

Members Present:

Erin Anderson, Howard County Health Department
Jessica Fisher, Howard County Health Department
Karen Hull, Office on Aging, and Independence/MAP
Jessica LaFave, Department of Veterans Affairs (Maryland)
Genny LaPorte, Howard County Police Department and Grassroots
Stephanie Reid, Howard County Health Department
Lauren Soummers, Howard County Health Department, Family Options
Laura Willemin, Grassroots Crisis Intervention Center
Eileen Zeller, Moms Demand Action Howard Count

Staff Present:

Janet Afoakwah, HC Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
Welcome/Ice Breaker	Jessica Fisher, Suicide Prevention Coordinator, initiated the meeting to order at 2:00 pm, warmly welcoming all attendees before leading an Ice Breaker Activity.	Members are urged to review the past minutes available here
Out of Darkness Efforts	<p>Ms. Fisher shared key information about the upcoming Out of the Darkness Walk, provided details on the event's location, parking arrangements, and registration process.</p> <ul style="list-style-type: none">• She highlighted that team registration for the vent will be coordinate under HMSPC.• Ms. Fisher also presented the walk's schedule, including the start time, agenda, and the anticipated duration of the event.	<p>Out of Darkness Walks information can be found here</p> <p>Out of The Darkness - coalition members to sign up on our team: Sign-up here</p>

- Mentioned that vendors do not need to register ahead of time and can just show up at 9 a.m. for setup.
- Discussed the availability of a food truck on-site for breakfast and the short duration of the ceremony.
- Clarified that tables and chairs will be provided by the health department for vendors, including the coalition's table.
- Assured Jenny that the coalition would cover the registration and setup for their table, allowing her to focus on bringing items and swag for the event.
- Asked Jenny and Janet if they intended to participate in the walk or stay at the table

Genny LaPorte, Howard County Police Department and Grassroots expressed interest in both. Expressed interest in participating in the walk and being flexible to stay back if needed.

Janet Afoakwah, HC Local Health Improvement Coalition also expressed that she is open to either option.

Ms. LaPorte expressed a desire to walk and collect donations, aiming to reach a threshold for a free t-shirt.

Jessica LaFave, Department of Veterans Affairs (Maryland) suggested leaving the table unstaffed for a half hour and making a simple announcement for people to catch them on the walk or when they return.

Karen Hull, Office on Aging, and Independence/MAP proposed setting up at 8 or shortly after to accommodate early arrivals and mentioned the need for additional help due to complaints about early morning setup.

Ms. Fisher offered flyers and postcards for promotion and discusses the need for different social media formats and the lack of promotion by the health department.

Laura Willemin, Grassroots Crisis Intervention Center shared that Grassroots would participate in the walk and will also assist in setting up the table.

Stephanie Reid, Howard County Health Department discussed using social media for promoting the walk and collecting funds for the fundraising goal.

Ms. Fisher encouraged feedback and suggestions for the event logistics and mentioned the presence of legislative folks and delegates at the event.



<p>Firearm Safe Storage and Suicide Prevention Project Discussion</p>	<p>Jessica LaFave, Department of Veterans Affairs (Maryland) shared progress on a safe storage brochure and discussed potential changes to colors and content.</p> <ul style="list-style-type: none">• Emphasized the flexibility of the brochure and invites immediate feedback.• Asked about access to the brochure and discusses potential changes to its content. <p>Ms. Fisher explained the focus of the safe home's brochure on suicide prevention methods and the need for non-overwhelming information.</p> <ul style="list-style-type: none">• Emphasized the need for clear and concise information, data, support options, and tangible safety measures in the brochure. <p>Ms. LaFave suggested focusing on color choices, including color-blind friendly options, and discussed the importance of catching people's attention with the brochure's language and design.</p> <p>Eileen Zeller, Moms Demand Action Howard Count shared insights on color choices based on personal experience and suggested potential changes to the content to make it more accessible and understandable.</p> <p>Ms. LaFave encouraged feedback on the brochure's content and design, highlighting the intention behind the language and design choices.</p> <p>Ms. Fisher discussed the delicate balance of catching people's attention without making them feel bothered or deceived.</p> <ul style="list-style-type: none">• Mentioned the importance of being forthright with the information presented and encouraged feedback on the material's language and design.• Explained the delay in sending out the material due to ongoing revisions and clarifications with the printer. <p>Ms. Zeller raised concerns about the clarity of the material and suggested including explanations of terms like "mental health first aid" and "QPR."</p> <p>Ms. Fisher responded to the concerns about clarity and discussed the inclusion of links and codes for accessing additional information.</p>	
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Ms. Zeller expressed appreciation for the progress made on the material and indicated readiness to review the next version.

Ms. LaFave suggested potential changes to the material's design, including the use of QR codes and the removal of certain links.

Ms. Fisher asked clarification on the proposed changes and discussed the placement of links and QR codes.

Ms. LaFave elaborated on the idea of using QR codes and suggested minimizing the content to free up additional space.

Ms. Fisher asked further clarification on the placement of QR codes and the retention of certain links.

Ms. LaFave emphasized the need to resume meetings and suggested making changes to various aspects, including home safety checks, pumpkins, and credit.

Ms. Zeller advised against using certain color combinations for the brochure, emphasizing the importance of attention-grabbing cover designs.

Ms. LaFave suggested having two versions of the brochure with different color schemes and discussed the visual appeal of certain colors.

Ms. LaPorte supported the idea of a white background for the brochure and proposes spelling out "assistant QPR" in addition to "mental health day" on panel six.

Ms. Afoakwah expressed agreement with the proposal for panel six.

Ms. Reid raised concerns about potential costs associated with using multiple colors for the brochure and suggested using a photo of a front door for the cover.

- shared feedback on a previous image and suggested using a lighter, more inviting image for the brochure cover.
- discussed the visual appeal of a photograph of a front door and suggests using an image with an open door and house numbers to create an inviting feel.
- Emphasized the importance of utilizing as much of the cover image as possible to avoid excessive blank space.

Ms. LaFave mentioned the importance of using engaging wording rather than just images.

Ms. Reid shared ideas about using different images and expressed uncertainty about the current image on panel six.

Ms. Zeller acknowledged the need for an engaging image that will capture attention.

Ms. Fisher expressed gratitude and outlines plans for further discussions and breakout meetings to focus on the brochure.



	<p>Ms. Fisher raised the question of whether to use a mix of real and person-created graphics on the brochure panels. Ms. Zeller suggested sticking with one type of graphic for cohesion and discusses the potential impact of cultural differences in the graphics.</p> <p>Ms. Fisher agreed with the need for consistency in the style of graphics and highlighted the potential cultural implications of the chosen images.</p> <ul style="list-style-type: none">• Acknowledged the privilege and cultural implications of the graphics and emphasized the importance of feedback and diverse perspectives in the process.• Expressed gratitude for the investment, ideas, and feedback from the team.• Encouraged team members to share any unheard ideas or additional feedback via email. <p>Ms. Fisher</p>	
<p>Next Steps & Wrap-up</p>	<p>Ms. Fisher Expressed appreciation for the team's attendance and engagement in the meeting.</p> <p>Ms. Fisher thanked everyone and wished them well.</p> <p>Jessica Fisher adjourned the meeting at 3:00 pm.</p>	