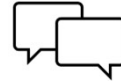


WELCOME! We Will begin shortly!!

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
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Howard County Local Health Improvement Coalition

Full Coalition Meeting

April 17, 2025

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GOAL & AGENDA

GOAL: Present Howard County Health Data with Preview the 2024 Howard County Health Assessment Survey and Share Updates on the FY 26 – 28 Community Health Improvement Plan.

AGENDA:

- A. Welcome & Introductions
- B. American Heart Association and University of Maryland, Legal Resource Center for Public Health Policy - Tobacco
- D. FY 26-28 Community Health Improvement Plan (CHIP) Update
- E. Member Announcements, Resource Sharing, and Networking
- F. Next Steps and Wrap-up

3

WELCOME & OPENING REMARKS

Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &
Johns Hopkins Howard County Medical Center

4

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

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American Heart Association

Kara Griggs-Goldheim
Community Impact Director, MD

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2028 Impact Goal

Building on over 100 years of trusted leadership in cardiovascular and brain health, by 2028 the AHA will **drive breakthroughs** and **implement proven solutions** in science, policy and care for **healthier people and communities**.
The greatest discoveries in health must reach people where they are.



8

8

Community Impact Issue Areas

1. **Expand quality of care in Federally Qualified Health Centers, Rural Health Clinics, and other high-need settings across Health Care Organizations (HCOs), by engaging HCOs in Target: BP and Target: Type 2 Diabetes as demonstrated by Outpatient Initiative data submission.**
2. **Improve health factor control with a focus on blood pressure by demonstrating sustainable impacts focused on improving blood pressure, nutrition security, and tobacco control.**
3. **Build capacity to address out-of-hospital cardiac arrest in communities with lower rates of survival. Advance our Nation of Lifesaver goals by achieving sustainable impacts in community readiness through the development and implementation of policies and programs.**
 - Prioritize cardiac emergency preparedness, training, and AED access in all communities, with a particular focus on schools and high-risk communities, by developing cardiac emergency response plans (CERPs).
4. **Advance AHA's mission by supporting the cultivation of funding, the implementation of funded initiatives, investment in the community, and other activities that advance AHA's work.**

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Community Impact Priorities- Greater Maryland

Controlling Hypertension

- Establish community-based blood pressure screening, education, and referral
- Establish **Self-Measured Blood Pressure** programs in a clinical setting by using Target BP "SMBP" Pillar
- Enroll health centers in Target programs

Nutrition Security

- Increase capacity to provide fresh or frozen produce at food assistance facility or other community-based organization serving population(s) with high rates of nutrition insecurity.
- Food bank/pantry alignment with Healthy Nutrition Standards

Cardiac Readiness

- Prioritize cardiac emergency preparedness, training, and AED access in all communities, with a particular focus on high-risk communities, by developing cardiac emergency response plans.
- Hands-only CPR

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University of Maryland Carey School of Law Legal Resource Center for Public Health Policy - Tobacco

Brooke Torton, J.D.
Managing Director

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Howard County LHIC Meeting

April 17, 2025

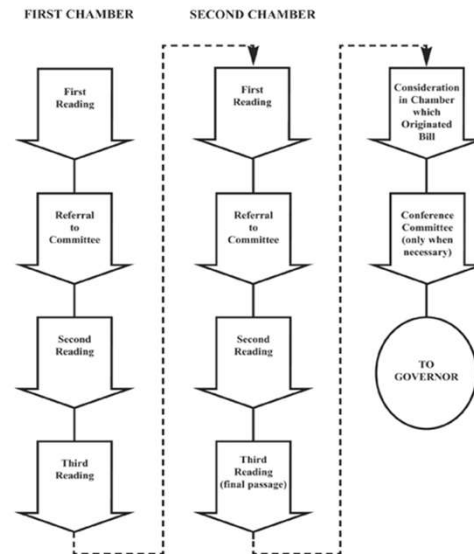
Brooke Torton, Managing Director
Legal Resource Center for Public Health Policy



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Maryland Legislative Session

- ▶ January 8: Session convenes
- ▶ February 3: Senate bill introduction deadline
- ▶ February 7: House bill introduction deadline
- ▶ March 17: Bill crossover date
- ▶ April 7: Sine die



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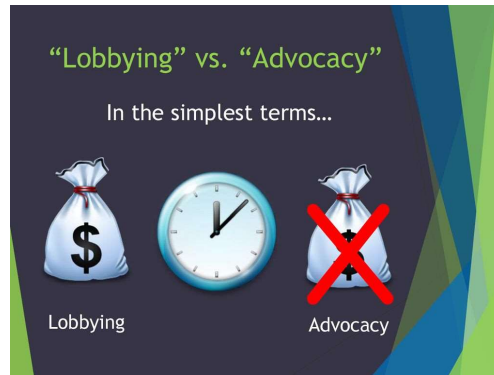
Participating in the Legislative Process: Lobbying

- ▶ Lobbying activities are defined in [Md. Code Ann. Gen. Provisions § 5-702](#)
- ▶ Legislative Action Lobbying: A person communicates with a legislative branch official or employee for the purpose of influencing any legislative action and incurs at least \$500 in expenses or is compensated at least \$2,500
- ▶ Executive Action Lobbying: A person communicates with an executive branch official or employee for the purpose of influencing executive action and spends at least \$100 or is compensated at least \$2,500

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Participating in the Legislative Process: Advocacy

Merriam-Webster defines advocacy as the act or process of supporting a cause or proposal



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Why Advocate?

- ▶ YOU are the expert
- ▶ Mostly part-time legislators who have other jobs
- ▶ Educating policymakers about the needs of your organization or community is something anyone can do

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Testifying

- ▶ Testimony
 - Can be written and/or oral
 - Public must [sign up](#) prior to the hearing
 - Keep oral comments brief – 2–3 minutes MAX
 - Decide what are the 2–3 main points you need to tell that group of people in that setting at that time
 - Listen to others testifying and don't be redundant
- ▶ Committee members can ask questions
 - Don't worry about technical questions, just tell it from your perspective and let them know you'll get back to them with the technical answers

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Contacting Your Elected Official

- ▶ Ideally, you are registered to vote
 - https://elections.maryland.gov/voter_registration/
- ▶ Who are they? www.mdelect.net
- ▶ Mail, fax, or email letters
- ▶ Call your legislators
- ▶ Visits

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Advocacy Survival Skills

- ▶ Accentuate the positive
- ▶ Plan for small wins
- ▶ Keep it simple
- ▶ Be passionate and persistent
- ▶ Be prepared to compromise
- ▶ Enjoy yourself!

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LRC Legislative Tracking

- ▶ Real-time tracking of public health bills
 - [Legislative Tracker](#)
- ▶ Bi-weekly Zoom updates (last call April 15th)
- ▶ Email publichealth@law.umaryland.edu to be added to the listserv

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SAVE THE DATE

2025 Maryland Tobacco Conference
June 4, 2025
University of Maryland, Baltimore County

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THANK YOU

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Questions?

Btorton@law.umaryland.edu

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BREAK – 10 MINUTES



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FY 26 – 28 CHIP Development Update

Maribet Rivera-Brute, MPH

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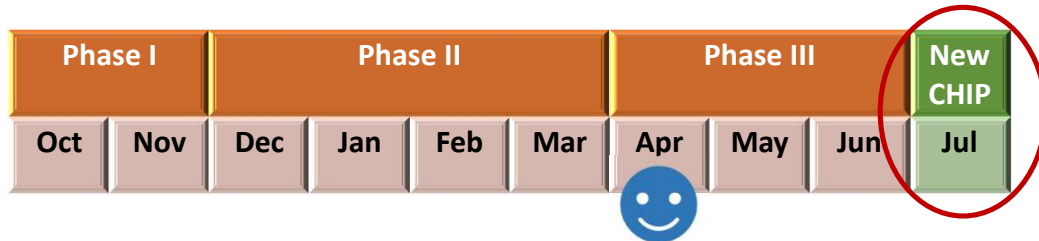
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FY 26 – 28 CHIP Process Timeline

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



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LHIC Priorities: CHIP Analysis

- Root Cause Analysis and Main Health Drivers
 - January
- Possible Solutions (Evidence-based)
 - February
- Community Health Forums
 - March



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Healthy Beginnings



Problem Statement:

Black mothers and infants face proportionately higher rates of poor health outcomes including maternal and infant mortality and low birthweight births

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Healthy Beginnings: Root Cause Analysis and Main Health Drivers



- Health, Healthcare, and Culture

People

- Information, Language, and Education

Technology/Education/Awareness

- Immigration

Other

- Healthcare system
- Culture
- Advocacy

Process

- Lack of support, services, resources, and knowledge
- Work environment

Environment


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Healthy Beginnings: Possible Solutions



- Care
- Education

Environment:
Lack of knowledge on Insurance Providers/Resources

- Pregnancy support and advocacy
- Resources
- Home Visits

People:
Women's Health

- Awareness
- Access

- Health and advocacy
- Mental health support
- Community
- Doulas

Environment:
Stigma Attached to Need


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Healthy Beginnings: Community Feedback



Provide education on how to find trustworthy health information and resources.

Promote mental health resources for women.

Provide better coordination of care for pregnant women and their families.



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Healthy Beginnings: Community Feedback

Collaboration with organizations:

- Supporting expectant mothers
- Non-healthcare
- Faith-based
- Already doing work
- Offering Music Therapy

Resources for:

- Expectant mothers
- Multiple births (twins, triplets)
- Fathers
- Grandparents
- Bilinguals

Services:

- Doulas: free resources + better care coordination
- Medical Providers:
 - Services to community schools
 - Cultural awareness trainings
- Financial assistance + Childcare
- Digital materials

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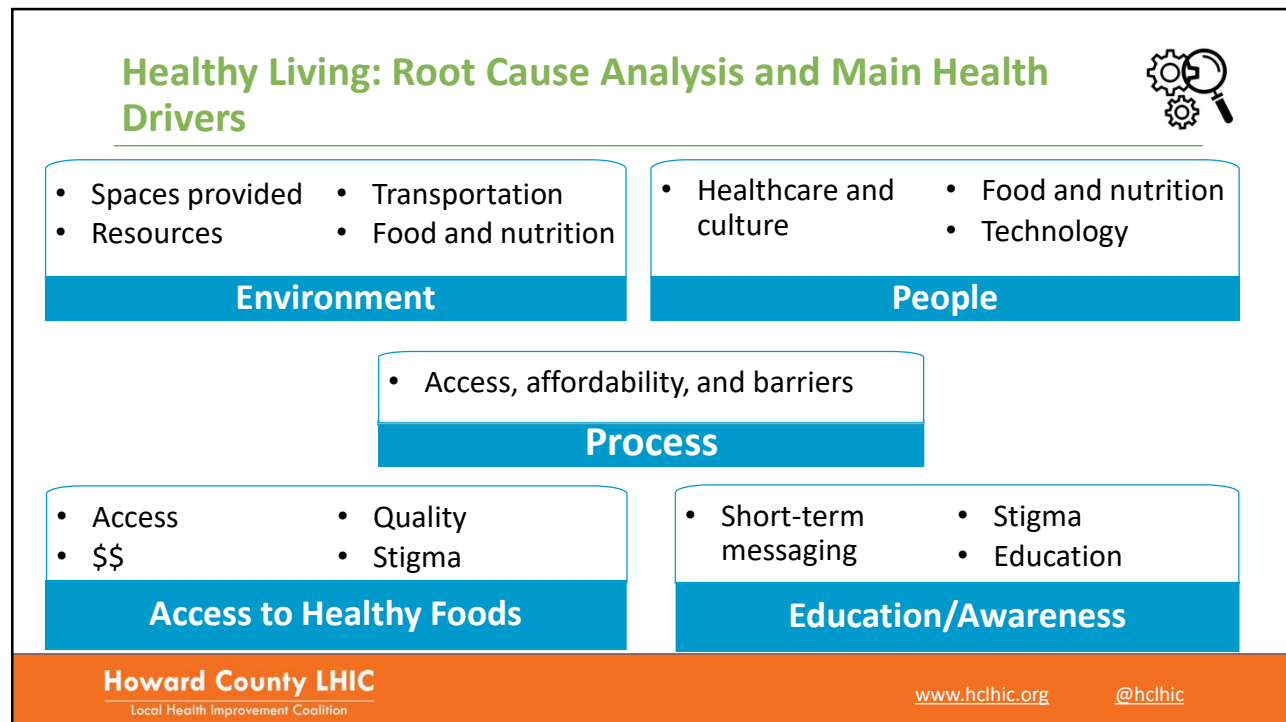
Healthy Living



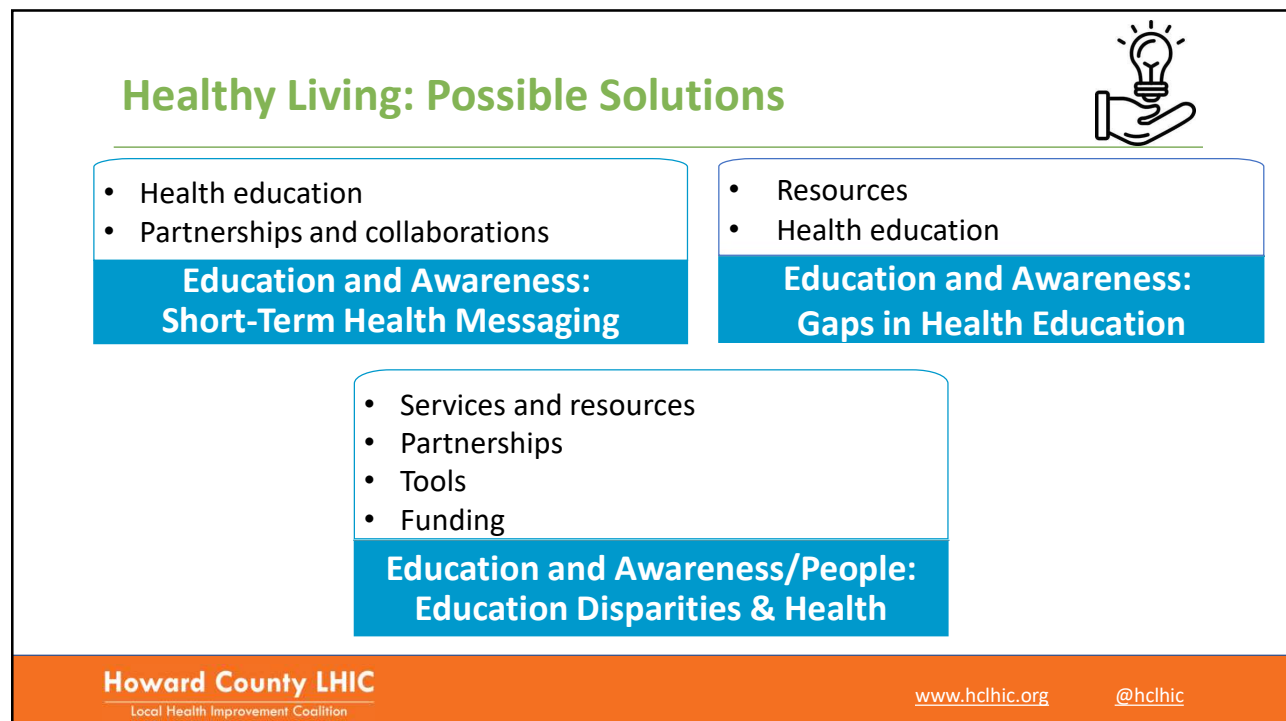
Problem Statement 1:

Howard County residents face increasing rates of obesity, food insecurity, and chronic health conditions, with limited physical activity among youth contributing to disparities in health outcomes, particularly for Black and Hispanic population.

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Healthy Living



Problem Statement 2:

The Howard County population is aging and experiencing increasing rates of fall-related injuries and deaths.

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Healthy Living: Root Cause Analysis and Main Health Drivers



- Tools
- Transportation
- Home/Neighborhood

Environment

- Insurance
- Funding

Process

- Adult caregiving

People

- Falls prevention
- Tools

Education/Awareness

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Healthy Living: Possible Solutions

- Partnerships
- Funding and assistance

Process: Funding Access

- Funding
- Fall prevention activities

Environment: Home Safety Risks

- Services and resources
- Partnerships

**Education and Awareness:
Fall Risk Awareness**

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Healthy Living: Community Feedback

Create health education campaigns about obesity, chronic disease, and sleep habits for the community.

Work with local health providers to offer more health education opportunities for community members of all ages.

Look for ways to collaborate with other organizations on activities to prevent falls.



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Healthy Living: Community Feedback

Collaboration with organizations to share resources:

- Medical professionals
- Faith-based
- Businesses
- Health insurance providers

Education & Outreach:

- Preventing Chronic Diseases
- Health effects of food additives
- Health Fairs + Health Screenings
- Cultural competency for medical providers in nutrition education

Communication:

- Mental Health awareness with nutrition guidance
- Communicate about data
- Accessible information: QR codes; plain language
- Tailored health information by zip codes
- Respect diverse cultures and what it means to be healthy

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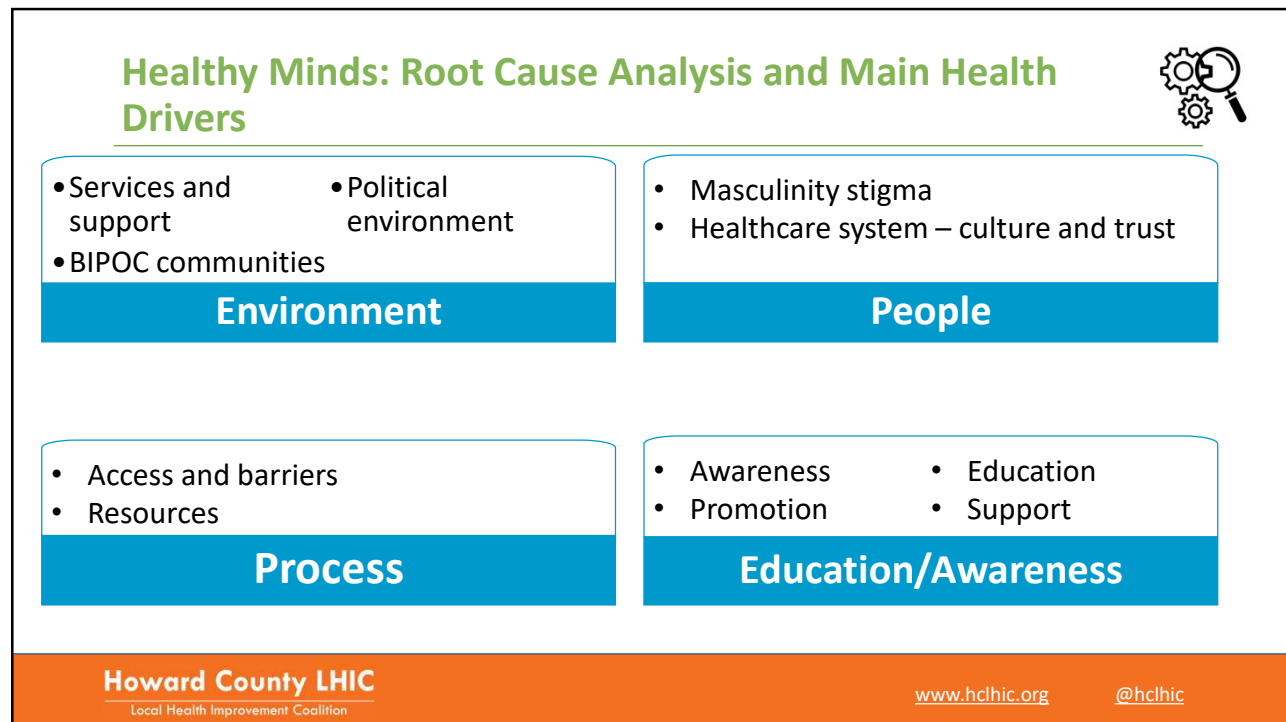
Healthy Minds



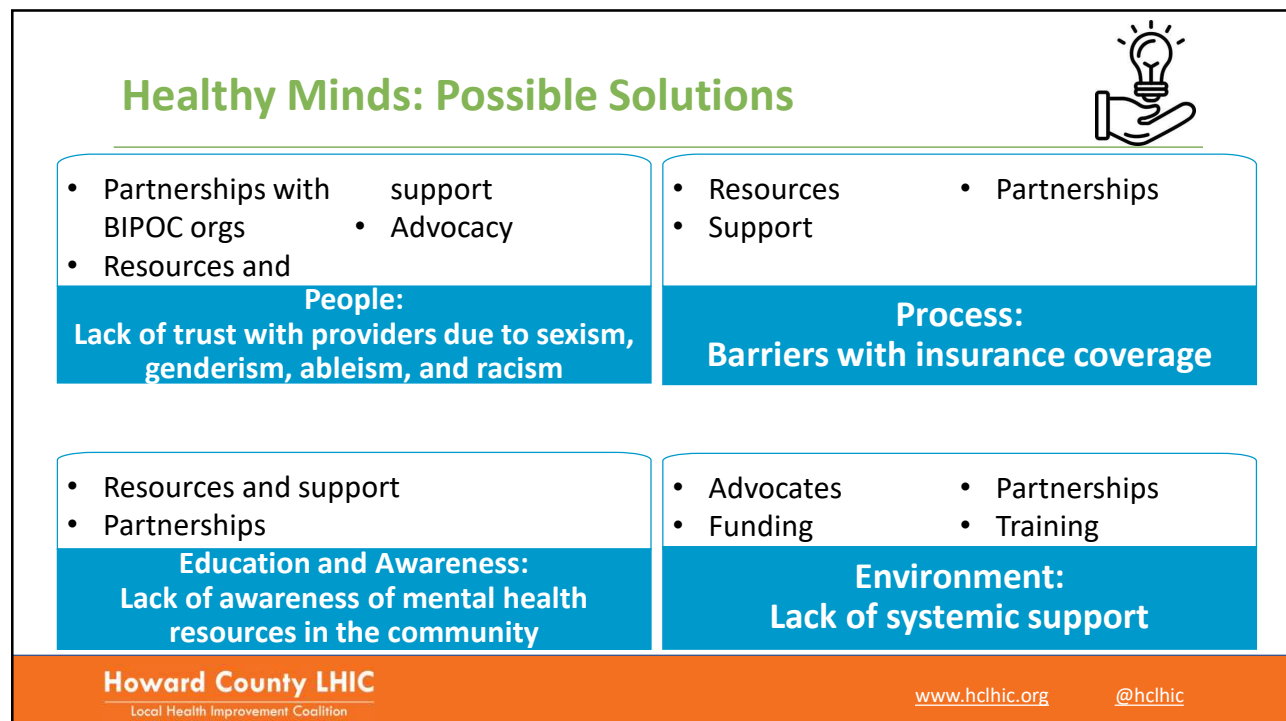
Problem Statement 1:

Black populations face disproportionately higher rates of suicide.

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Healthy Minds



Problem Statement 2:

Black, Hispanic, and female youth populations face disproportionately higher rates of depression, hopelessness, and suicide.

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Healthy Minds: Root Cause Analysis and Health Main Drivers



- Stigma
- Environment

People

- Services, resources, and support
- Political environment

Environment

- Access and care
- Barriers and support

Process

- Awareness
- Education

Education/Awareness


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Healthy Minds: Possible Solutions



- Partnerships with BIPOC orgs
- Support and resources

Environment: Lack of cultural responsiveness in support services

- Tools
- Advocacy

Process: Barriers with accessibility to mental health services

- Support and advocacy
- Partnerships

**Education and Awareness:
Lack of awareness of mental health resources in the community**

- Training
- Resources


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Healthy Minds



Problem Statement 3:

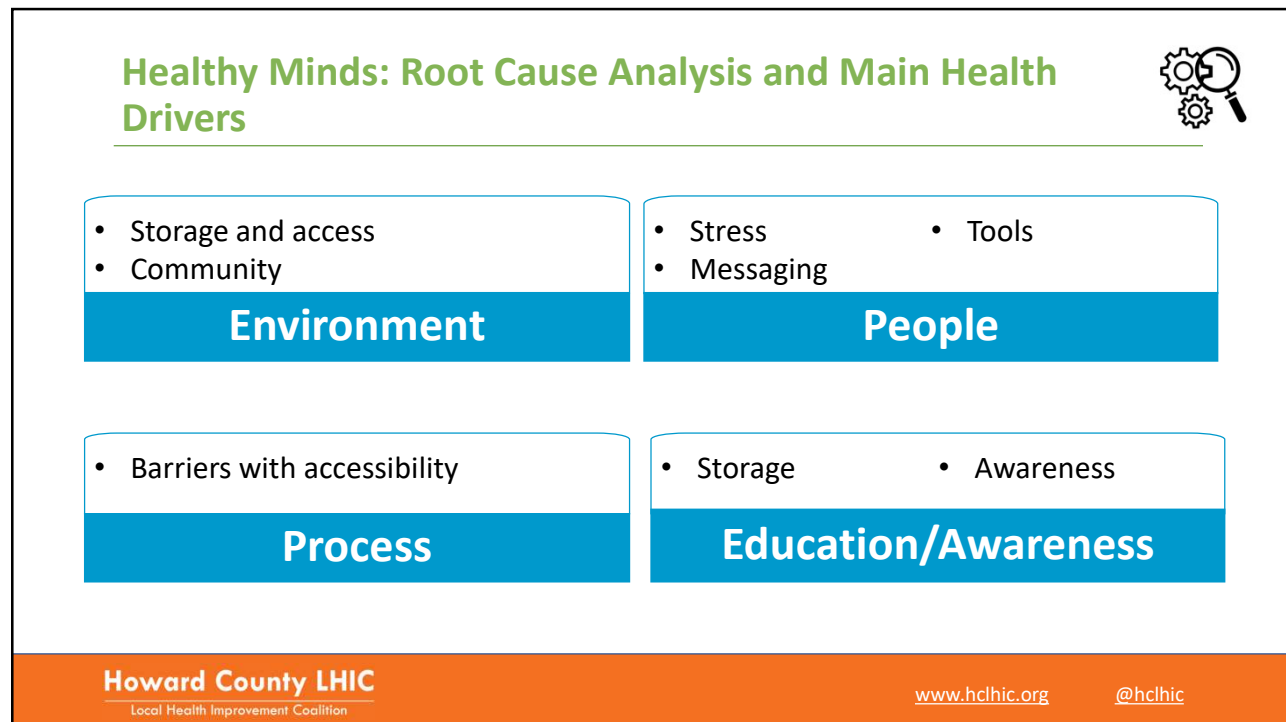
Black and male populations in Howard County face disproportionately higher rates of firearm-related deaths.

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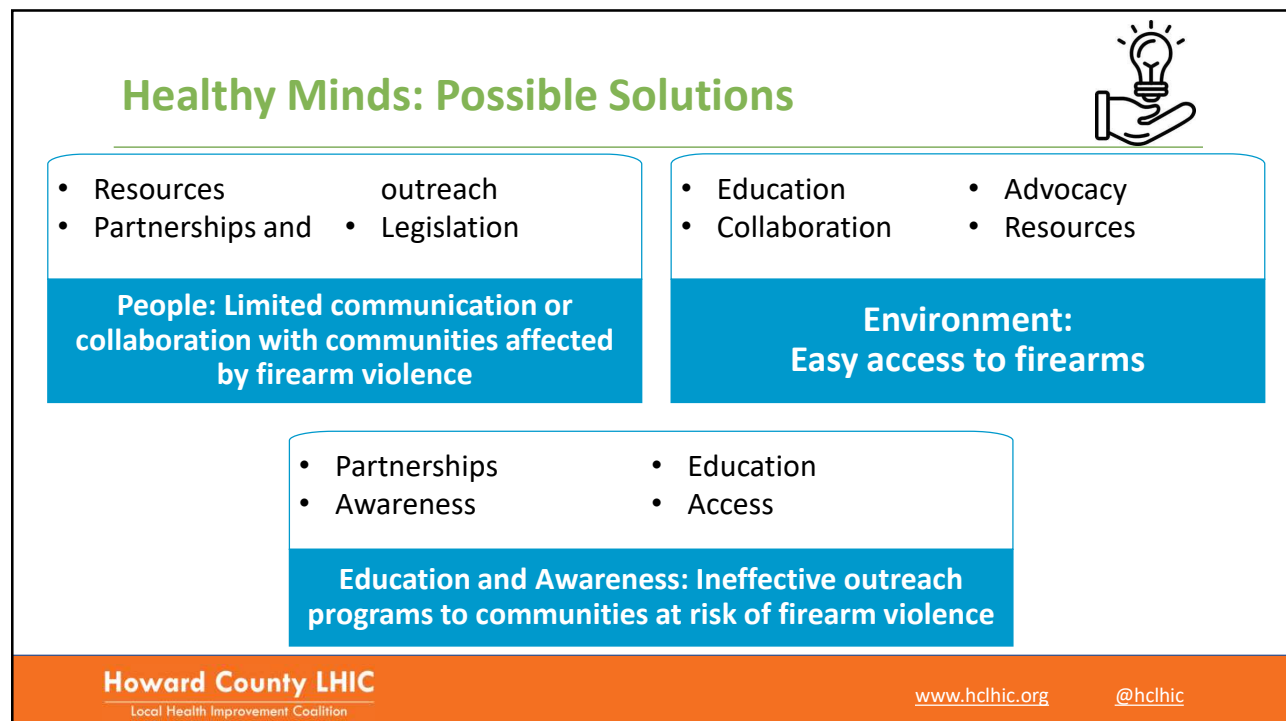
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Healthy Minds: Community Feedback



Expand programs that help solve disagreements.

Work with organizations and businesses that support Black, Indigenous, and People of Color (BIPOC) communities to share mental health resources.

Explain why support resources are available and how to get them.



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Healthy Minds: Community Feedback

Collaboration with organizations to share resources + safe space:

- BIPOC orgs.
- Columbia Village Centers
- College campuses + youth org.
- Orgs. offering alternative therapy: animals + music
- Sororities + fraternities
- HCPSS
- Faith-based + Social orgs.

Safe Space for:

- Discussions to resolve conflicts
- Discussions guided by professionals
- Peer support for community

Communications + Services:

- Patients at hospital
- PSA to promote initiatives
- BH resources + initiatives to remove stigma
- Peer services: adult mentorship
- Cultural competency for providers
- Funding for MH providers
- Ways for youth to express feelings
- Increase awareness of resources

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Summary of Feedback

Across all Sessions:

- Collaboration with faith-based organizations
- Collaborate across various sectors
- Cultural competency training for medical providers

Additional Notes:

- More events for community to share feedback
- Solutions should not target residents or race and ethnicity but:
 - System and how services are rendered
 - Focus on bigger picture and fixing problem

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Columbia Central Library – 3/25



Elkridge Library – 3/29



Community Health Forums

North Laurel Community Center– 3/29



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FY 26 – 28 CHIP

- Alignment with:
 - Hospital CHNA
 - MDH SHIP
 - Office of Aging and Independence (OAI)
 - Other organizations
- **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

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2024 Howard County Health Assessment Survey Howard County, Maryland

Final Report



[2024 Howard County Health Assessment Survey](#)

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LHIC Digital Content Tools

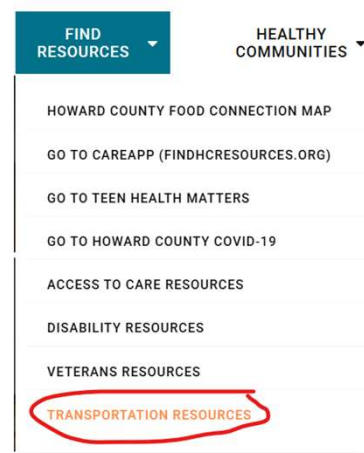
- Newsletter content
- E-banners:
 - Find food and nutrition resources
 - Find mental health resources
- <https://www.hclhic.org/membership/newsletter-tools>



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LHIC - Transportation Resources

- Transportation Resources tab added to website
- <https://www.hclhic.org/resources/transportation-resources>



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PREVENTION

If you, or someone you know, is struggling with suicidal thoughts, it's important to make your home, or the home of another person, safer. Studies show that limiting access to possible methods of suicide, like medications or firearms, can help prevent it.

According to the 2024 Howard County Health Assessment Survey, 1 in 3 residents reported feeling down, depressed or hopeless. These feelings can sometimes lead to thoughts of suicide, but there are steps you can take to help. If you or someone you know is struggling, simple actions can make a difference.

LHIC Suicide Prevention Resources
www.hclhic.org/healthy/suicide-prevention



Support & Resources

Get Help Now
911 - Call 911 if there is an immediate risk for safety or a medical emergency.
988 Suicide & Crisis Lifeline
Call/Text/Chat to 988 - 24/7 confidential support

- Press 1 for Veterans and Service Members
- Press 2 for Spanish (español)
- Press 3 for LGBTQIA+

Resources
Howard County Health Department
 Behavioral Health Resources
 410-313-6202

Additional Resources
Grassroots Crisis Intervention - 988
[NAMI - Howard County](http://NAMI-HowardCounty.org)
Teen Health Matters - Mental Health & Suicide Prevention
[CARAPP Suicide Prevention Resources - hedresources.org](http://CARAPP.SuicidePreventionResources.org/hedresources.org)

SAFEGUARD YOUR HOME

A guide to help prevent suicide.



WHAT YOU CAN DO

Give Support
 If someone is thinking about suicide, take it seriously.

- Have a conversation.
- Speak privately with them.
- Listen closely and without judgment; show you care.
- Ask directly if they are thinking about suicide. (This will not put the idea of suicide in their head.)

If you are struggling, talk to a friend/loved one or call 988 to speak with a trained counselor.

Credit: Rhode Island Dept. of Health, Suicide Prevention & Colorado Dept. of Public Health & Environment

Harmful Materials

Hanging is a common way that people die by suicide. It can be hard to prevent because many everyday items like ropes, cords and sheets can be used for this purpose. However, it is important to understand that these are possible methods of suicide and to remove and lock up these materials when possible.

Medications
 Store all medications in a lock box or locked cabinet. Take special care to lock up prescriptions, over-the-counter (OTC) pain pills and sleeping pills. Talk to your doctor or pharmacist about getting blister packs or a limited supply of medications. Safely get rid of unwanted medications.

Harmful Materials
 Remove or lock electrical cords and ropes. Safely dispose of extra gas, antifreeze and bleach and other chemicals.

Give Support
 Ask and listen. Ask how someone is doing and listen to what they tell you without judgment.

Firearms

To ensure secure storage:

- Keep guns locked, unloaded and separate from loaded ammunition.
- Use cable locks, lock boxes or safes and store keys securely.

If someone in your home is struggling with mental health challenges or a crisis:

- Temporarily remove firearms from the home.
- Ask a trusted person to store them or call a local shooting range, gun shop or law enforcement agency listed on the [Maryland Safe Storage Map](http://MarylandSafeStorage.Md.gov). Scan the QR code for more information.





<https://www.hclhic.org/healthy/suicide-prevention>

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Medication & Sharps Disposal

Convenient Drive-Thru Event


Saturday April 26 • 10 a.m. - 2 p.m.



Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet medication
- Vapes without batteries
- Inhalers
- And more!

HCDrugFree Wilde Lake Village Center Parking Lot
 5305 Village Center Drive, Columbia 21044





Teens: Earn Community Service Hours

Seeking student, adult, and medically-trained adults volunteers. Community service hours available for students. Spend some time making a difference in Howard County!

Medication Lockbox Giveaway!


We are giving away 100 Medication Lockboxes! First come, first served. Limit 1 per vehicle.





HCDrugFree.org

Provided by HC DrugFree, in partnership with the DEA, MD's Office of Overdose Response, Howard County Police and Health Dept., Local Behavioral Health Advisory Board, and HCPSS.



HEALTHY KIDS DAY®

APRIL 26 | 10AM - 1PM

FIND A SAFE, HEALTHY & FUN SUMMER AT THE Y!

The Dancel Family Center
 4331 Montgomery Rd., Ellicott City
 410-462-4334

FREE TO THE PUBLIC!




Sponsor: **PEANUTS**
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**Celebrating
Black Maternal Health Week**


**Honoring Black Motherhood:
Healing, Advocacy, and Unity for Change**


A day of action with community discussions, prenatal
massages, prizes, giveaways and a FREE lunch for
Howard County moms and families!

Howard County Library - Miller Branch
Ellicott/Patapsco Rooms
9421 Frederick Rd, Ellicott City
April 26, 2025 11:00am - 2:30pm

Scan the QR code for more details
and to register!
Registration required for lunch.





**Celebrate the Month
of the Military Child!**

April 28 • 4-6 p.m.
Howard County Family Support Center
9790 Patuxent Woods Drive, Columbia 21046

Join us for story time, food and a craft.

Story time with **Dr. Melissa Boyd**,
active-duty Army psychologist and
children's author, who will share her
book series about emotions and
healthy coping skills. ▶ ▶ ▶

Meet other **Blue Star Families** and learn how
Howard County supports its veterans and military families.

REGISTER TO PARTICIPATE and/or direct questions to
Ashton Sullivan, Director, Family Support Center at 410-313-5987 or
Lisa Terry, Manager, Office of Veterans and Military Families at 410-313-0821

howardcountymd.gov/children-families | howardcountymd.gov/veterans-military-families

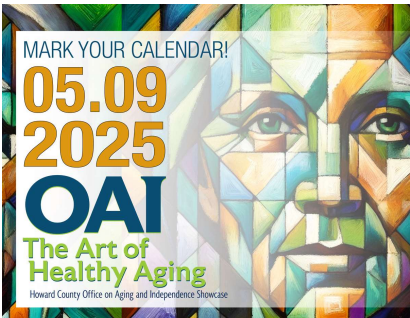
If you need this information in an alternative format or need accommodations to participate, contact the
Office of Children and Families at 410-313-1540 (jacob@hclhc.org or cdf@howardcountymd.gov)

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Register here:
<https://www.howardcountymd.gov/OAM2025>



Local Children's Board

**Breaking Barriers:
Expanding Food Access and
Community Health
Interventions**

 DCRS Main Account
  Contact

Already signed up? [Change my sign up](#)

Facilitator: **Patricie Hernandez (Embody Lib)**

In Person, at the Department of Community Resources and
Services, 9830 Patuxent Woods Dr., Columbia, MD 21046 |
Rooms 346-347


Wednesday, May 28, 2025 | 10 AM to 3 PM

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The Howard County Local Children's Board

The Color of Emotional Intelligence: Elevating Our Self and Social Awareness

DCRS Main Account [Contact](#)

Already signed up? [Change my sign up](#)

Facilitator: Farah Harris (<https://workingwelldaily.com/>)

In Person at Harriet Tubman Cultural Center, 8045 Harriet Tubman Lane, Columbia, MD, 21044

Date: Thursday, May 15, 2025

Time: 9 AM to 4 PM



SECOND ANNUAL
GOOD VIBES & VOICES
CONCERT AND EVENT

SAVE THE DATE

THURSDAY, JUNE 5, 2025
Rockburn Branch Park
Elkridge, MD 21075

Double time it over to Rockburn Branch Park for a night of music, entertainment, healing conversations, food, and fun!
Learn about local resources for service members, veterans, and their families.

www.HowardCountyMD.gov/goodvibes

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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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NEXT STEPS & WRAP UP

2025 Quarterly Hybrid Full Coalition Meetings:

[Register](#)

- July 17, 2025, at 9:00 - 11:00 AM
- October 16, 2025, at 9:00 - 11:00 AM

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

For additional information or questions contact lhic@howardcountymd.gov

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Thank you!

LHIC Team

LHIC@howardcountymd.gov

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