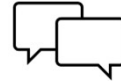


WELCOME! We will begin shortly!!

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.



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Howard County Local Health Improvement Coalition

Full Coalition Meeting

July 16, 2026

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GOAL & AGENDA

- **GOAL:** To provide legislative updates and share advocacy opportunities; to present about the outcomes of the Women's Health Focus Group sessions; provide HCLHIC updates; and discuss the advocacy needs in Howard County.

AGENDA:

- A. Welcome Remarks and Introductions
- B. University of Maryland Legal Resource Center
- C. Women's Health Focus Group Outcomes
- D. HCLHIC and Workgroup Updates
- E. Advocacy Needs 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

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Legislative Updates and Community Advocacy Resources

Kathryn Feels, JD
George Townsend, JD
University of Maryland Legal Resource Center

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2026 Legislative Update: Cannabis & Tobacco

George Townsend & Katie Feeley
Legal Resource Center for Public Health Policy
July 16, 2026

7

Maryland General Assembly

- Regular session occurs annually, from January through April
- Bills have hearings before they are voted on, which gives advocates a chance to provide written or oral testimony
- The Legal Resource Center provides several resources:
 - Pre-session webinar
 - Legislative tracking
 - Bi-weekly update meetings
 - Other advocacy training opportunities

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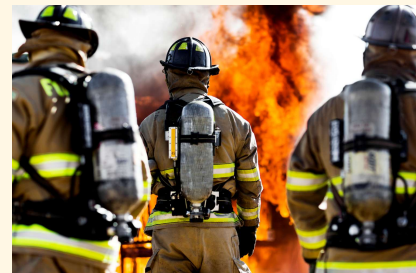
Maryland General Assembly: Cannabis Advertising

- **HB 1519:**
 - Would have allowed outdoor cannabis advertising (billboards, signs, posters, etc.)
 - Weakened the language prohibiting advertising to underage individuals
 - Weakened the safety requirements for health-related claims
 - **This bill did NOT pass**
- **SB 594:**
 - Would not allow outdoor advertising, but
 - Does weaken the language about advertising to underage individuals (a bit)
 - **This bill DID pass**

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Maryland General Assembly: Employment Protections

- **SB 439:**
 - Applies to firefighters and emergency rescue personnel
 - Prohibits them from being fired or discipline based on medical cannabis use outside of work
 - Does NOT allow employees to consume cannabis on the job
 - Does NOT allow employees to show up to work under the influence of cannabis
 - **This bill DID pass**



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Md. Gen. Assembly: Cannabis Beverages

- **SB 1008:**
 - Would allow cannabis beverages (< 5 mg. THC) to be sold in alcohol retail stores
 - Local liquor boards would have to grant permits to alcohol retailers to participate
 - Seed-to-sale product tracking would end at the alcohol retailer, rather than the customer
 - Tax for ALL cannabis beverages would go directly to the general fund, instead of supporting the Cannabis Public Health Fund, local jurisdictions, or the Community Reinvestment and Repair Fund
 - This bill did NOT pass

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Federal Rescheduling

- State-legal medical cannabis products immediately rescheduled to Schedule III
- Full cannabis rescheduling hearing began June 29, currently in process
- What **will** be impacted?
 - Research lab access
 - Tax benefits for businesses
- What **might** be impacted?
 - Potentially a LOT

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[SB 249](#): Tobacco Product Licensees – Additional Licensure for Electronic Smoking Devices **(PASSED)**

- Requires any entity that manufactures, distributes, or sells electronic smoking devices obtain a separate license.
 - Removes the provision that allowed cigarette or OTP licenses to manufacture, distribute, or sell ESDs under their cigarette or OTP license.
- There is no fee for the separate license for those with a cigarette or OTP license.
- Allows current license holders to continue operating until their license expires.
- Becomes effective on October 1, 2026.

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[SB 279](#) / [HB 918](#): Baltimore City - Cigarettes, Other Tobacco Products, and Electronic Smoking Devices - Local Laws Authorization **(PASSED)**

- Requires applicants in Baltimore City to obtain a local licensure authorization from the Mayor and City Council of Baltimore City before applying for an initial or renewal county license to sell cigarettes at retail, to act as an other tobacco products retailer or tobacconist, or to act as an electronic smoking devices retailer or vape shop vendor.
 - Prohibits the issuance of licensure authorizations to new retailer applicants for one year, from October 1, 2026 through October 1, 2027.
- Gives Baltimore City enforcement officers inspection and enforcement authority.

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[HB 766](#) / [SB 623](#): Retail Tobacco Businesses and Establishment of a Premium Cigar Lounge Alcoholic Beverages License (Maryland Premium Cigar Lounge Act of 2026)

(FAILED)

- Would have established a Class C-PCL (premium cigar lounge) alcoholic beverages license for use by licensed tobacconists.
- Through an exception to the Clean Indoor Air Act, the bill would have allowed tobacconists that have no less than 70% of average daily receipts from the sale of premium cigars, pipe tobacco, and related accessories to permit on-site alcohol consumption where indoor smoking is permitted.
- Licensees could not be adjacent to health care or childcare facilities and would be required to submit a building plan, post signage that smoking is permitted, and have employees sign an acknowledgement that they will be exposed to secondhand smoke.
- ATCC would have been required to maintain a registry of tobacconists that permit indoor smoking.
- Died in Committee

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Howard County Council Bill [No. 48-2026](#) (Clean Air Integrity Act)

- Introduced to address the uncertainty following the expiration of the State moratorium related to tobacco stores and alcoholic beverage licenses.
- Amends Howard County's local smoking-in-public places law to narrow exceptions to the County's indoor smoking prohibition.
- Revises the definition of a retail tobacco store so the indoor smoking exception for retail tobacco stores only applies to stores deriving at least 70% of revenues from the sale of premium cigars, pipe tobacco, and related accessories.
 - **Retail tobacco stores only qualify for the indoor smoking exception if they do not permit the consumption of alcoholic beverages on the premises.**
- Public hearing is scheduled for 7/20/2026 at 7:00 p.m.
 - Location: George Howard Building

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Questions?

Contact:

gtownsend@law.umaryland.edu

k.feeley@law.umaryland.edu

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Women's Health Focus Group Outcomes

Samantha Cribbs, Co-Chair

Erica Taylor, Co-Chair

Growing Healthy Families Workgroup

Howard County Local Health Improvement

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Howard County Local Health Improvement Women's Health Focus Group Outcomes Growing Healthy Families Workgroup

July 16, 2026

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Introduction

Focus groups are a way to learn what certain groups of people think and feel about a topic. They are designed to uncover opinions and attitudes from specific audiences.

The goal for these focus groups was to learn what women in Howard County need and worry about, so Growing Healthy Families and the Health Department can offer better support.

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Purpose

Why Were The Focus Groups Conducted?

- Understand women's health and mental health experiences in Howard County
- Identify barriers to care and support services
- Gather feedback on resource needs
- Inform future Howard County Local Health Improvement Coalition (HCLHIC) and Howard County Health Department initiatives

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Focus Groups Overview

The HCLHIC, Growing Healthy Families workgroup conducted 4 focus group sessions to explore women's health:

- November and December 2025
- January and June 2026
- 15 attendees in total

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Focus Group Overview

Focus Group #1	• November 5, 2025, 12:30 – 2:00 PM • In-person; 4 attendees
Focus Group #1	• December 3, 2026, 6:00 – 7:30 PM • Virtual via Zoom; 2 verified attendees
Focus Group #3	• January 10, 2026, 10:30 AM – 12:00 PM • In-person, 3 attendees
Focus Group #4 (Younger women – 21 - 24+)	• June 9, 2026, 5:30 – 7:00 PM • In-person, 6 attendees

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Women's Top Health Priorities

Most Important Issues Identified:

- Heart health
- Women's mental health
- Women's health research in Historically Excluded Groups
- Early screening and prevention
- Alternative medicine
- Being listened to by providers
- Having providers who reflect their background and experiences

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What Women's Health Means - Key Themes

Participants associated women's health with:

- Women's rights
- Affordability
- Contraception
- Mental health
- Prevention and screening
- Dignity and bodily autonomy
- Access to trusted healthcare providers

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Healthcare Challenges - Barriers Women Experience

Participants reported:

- Feeling dismissed by providers
- Difficulty navigating healthcare systems
- Long wait times
- Barriers:
 - Insurance
 - Language
 - Cultural
- Limited breastfeeding support
- Reactive rather than preventive healthcare systems
- Need to advocate for oneself without being perceived as aggressive or dramatic

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Improving Patient-Provider Communication

What Women Want:

- Compassionate listening
- More time with providers
- Plain language communication
- Better provider training
- Greater use of patient advocates
- Confidence and support to self-advocate

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Pregnancy & Parenting Resource Needs

Support Requested by Participants:

Doulas (more
information about
Doulas)
Case managers
Patient advocates

Social workers
Mental health support
Diaper banks
Transportation
assistance

Family support services
Breastfeeding support
Awareness of available
resources

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Awareness of Doula Services

Key Findings:

- Most participants in the first three focus groups were aware of doulas.
- Awareness was considerably lower among younger participants.
- Participants viewed doulas as trusted guides who provide emotional, educational, and practical support.

Sources of Health Information - Where Women Seek Information

Participants reported using:

- Healthcare providers
- Internet searches
- Social media
- Family and friends
- Research articles
- Community organizations
- AI tools such as ChatGPT for understanding diagnoses and preparing questions for providers

Mental Health Stressors

Major Sources of Stress:

- Parenting and caregiving responsibilities
- Multiple roles (mother, caregiver, employee, partner)
- Time management demands
- Financial pressures
- Social and political climate
- Feeling overlooked
- Lack of social support

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Mental Health Support Needs

Participant Recommendations:

- More therapists and counseling options
- Childcare support
- Support groups
- Resources for pregnant individuals
- Reduced stigma around mental health
- Easier access to care and referrals
- Expanded community conversations and peer support opportunities

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What We Heard Across All Groups

Participant Recommendations:

- Women often feel unheard by healthcare providers.
- Self-advocacy is necessary but challenging.
- Healthcare systems are difficult to navigate.
- Awareness of available resources remains limited.
- Mental health support is needed throughout the lifespan—not only postpartum.
- Community connection and peer support are highly valued.

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Opportunities for Action

Potential Strategies:

- Increase awareness of available resources
- Expand promotion of doula services
- Improve care coordination and navigation
- Support peer-to-peer learning opportunities
- Enhance provider communication training
- Strengthen mental health support systems for women and caregivers

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YOU**

Thank you!

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BREAK – 10 MINUTES



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Howard County Local Health Improvement Coalition: Workgroup Updates

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THE HEALTH DEPARTMENT AND YOU

**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

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Growing Healthy Families Updates

- **Women's Health Focus Groups**
 - Held a fourth in-person Women's Health Focus Group for women between the ages of 20-24 on June 9, 5:30 PM – 7:00 PM at the Family Support Center of the Howard County Office of Children and Families.
 - Women's Health Focus Group Report bring reviewed, and outcomes will be presented at the 2026 July Full LHIC Meeting.
- **2026 Black Maternal Health Week**
 - Successfully hosted on April 18 at the Harriet Tubman Cultural Center.
 - Achieved the largest turnout to date with 41 attendees, 13 indoor vendors, educational presentations, children's activities, catering, and strong community engagement.
 - The Harriet Tubman Cultural Center has been reserved for the 2027 Black Maternal Health Week event on **April 17, 2027**.

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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 starting July 30.
- Planning future events in nutrition education.
- Food Connections Map and Food Pantry and Hot Meals brochures recently updated. If you need copies, please complete a request form [here](#).
- Safe Routes to School Educational Event – August/September 2026. Date TBD.
- Walking groups – sign up form here: <https://bit.ly/letswalkhoco>.



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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

- Next workgroup is July 16, 2026, 2 PM.
- Planning for the 2027 Firearms Safe Storage Workshop will begin in December 2026.

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

Co-chairs:

María José Candanoza, MPH, CCHW, HCLHIC

Amanda Toohey, Johns Hopkins Howard County Medical Center

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CHWLC Updates

- **CHW Promotional Opportunities:**
 - **Photovoice Project:** Successfully hosted 5 Photovoice Exhibitions from October 2025-May 2026. Developed Impact Reports for ElkrIDGE, Harper's Choice, and Oakland Mills Photovoice events, which will be made publicly available soon.
 - Preparing for the next Photovoice Exhibitions in September 2026 featuring the communities of Owen Brown and Ellicott City. More information coming soon.
- **National CHW Awareness Week – Last week in August**
 - Planning Meetings will start July 22. If interested, please send an email to chw@howardcountymd.gov.
- **Professional Development Opportunities**
 - Collaborated with The Healthy Church to recruit 15 high school students to complete CHW program certification.

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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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2026 Achievement Award Winner

"We must dare to be great; and we must realize that greatness is the fruit of toil and sacrifice and high courage." –Theodore Roosevelt

The National Association of Counties is proud to award
Howard County, Md.

A 2026 Achievement Award for its program titled:
Howard County Walktober Initiative


Matthew Chase, CEO/Executive Director




Judge J.D. Clark, NACo President



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Advocacy Needs in Howard County (1 of 3)

- What does “health advocacy” mean to you in Howard County?
- Click <https://app.sli.do/event/75PvBnGFxUKWUww6Qn7vxF/embed/polls/4108d517-653b-491d-a754-3bb7f245ac66> to submit your answer or scan the QR code

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Advocacy Needs in Howard County (2 of 3)

- How do you and/or your organization currently engage in advocacy (if at all)?
- What internal barriers limit your advocacy (policy, capacity, legal, lack of tools)?

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Advocacy Needs in Howard County (3 of 3)

- What partnerships would strengthen advocacy efforts (schools, faith communities, small businesses, health providers, first responders, libraries, parks & rec, housing)?
- If we offer an opportunity for grassroots advocacy training for community members and organizations, how would you like to participate and would you join?

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Howard County Food Council Updates

Reena Rambharat, MPH, MCHES®

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Member Announcements, Resource Sharing and Networking

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2026 Full LHIC Quarterly Meetings

- The schedule for the 2026 Full LHIC meeting is available now!
- To register, please visit <https://www.eventbrite.com/e/1428672962289?aff=oddttdtcreator>



Multiple dates

2026 HCLHIC Full Coalition Meetings

By Howard County Local Health Improvement Coalition

Join the Howard County Local Health Improvement Coalition (HCLHIC) 2026 Quarterly Full Coalition Meetings

Free

Multiple dates

Check availability

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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 DATA AND REPORTS

HOWARD COUNTY HEALTH ASSESSMENT SURVEY

The Howard County Health Assessment Survey (HCHAS) is a public study that was developed to assess health-related behaviors and risk factors among the adult population of Howard County, Maryland. Results of this study enable local government, health providers and stakeholders to measure progress and determine where to focus resources so that health outcomes can be improved, health disparities reduced, and the community can become healthier. The survey, first conducted in 2012, and updated in 2014, 2016, 2021, and 2024.

[2024 Howard County Health Assessment Survey Report](#)
[2024 HCHAS Interim Report Summary](#)

MARYLAND STATE HEALTH IMPROVEMENT PROCESS

The Maryland Department of Health (MDH) has launched an initiative, Building a Healthier Maryland, to review and set health priorities as captured in the 2024 State Health Improvement Plan (SHIP). The launch of this initiative marks a significant milestone in our ongoing commitment to the well-being of Maryland residents.

This initiative, Building a Healthier Maryland, was facilitated by MDH and was conducted collaboratively with organizations and partners across Maryland. The first activity that was completed as part of the initiative was to conduct a State Health Assessment (SHA). The assessment involved taking a comprehensive look at data that provide insight into Maryland's health landscape, covering everything from health behaviors to the physical environment. The assessment allows us to collaboratively identify and prioritize key health concerns so that goals and objectives can be set to address these priorities in the State Health Improvement Plan (SHIP).

[Visit the website here.](#)

HEALTH EQUITY AND COMMUNITY REPORTS

- **Community Assets Profile (CAP) Project** - The Howard County Health Department's Community Health Workers (CHWs) have put together a list of local resources and services for seven selected neighborhoods. The goal is to understand what strengths already exist in these communities and where additional support could help. These neighborhoods were chosen because they have higher levels of social vulnerability, based on the CDC/ATSDR Social Vulnerability Index—which looks at factors like income, education, housing, language, and access to transportation. More neighborhood profiles will be added as they are completed.
- [Food Security Roundtable Report](#)
- [2023 Howard County Food and Nutrition Security Survey Report](#)

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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



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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>



Columbia Photovoice – Owen Brown

- Join us for the Columbia – Owen Brown Photovoice Exhibition! Come share your ideas, inspire action, and help envision real steps toward a healthier, more connected community.
- September 2026. More information coming soon!

The Momma's Circle

Join The Momma's Circle®, a free support and education group designed for postpartum mothers of all ages and stages.

 **July Sessions:** Saturdays, July 18, and 25, 2026,
12:30 – 2:30 PM

 **Location** East Columbia Branch Library, 6600
Cradlerock Way, Columbia, MD 21045

 Lunch will be served. Childcare corner available.

To register, click [here](#), scan the QR code on the flyer, or send an email to Info@TrinityMaternalWellness.org.



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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, July 21, 2026

 **Location:** Laurel Advocacy & Referral Services (LARS), 311 Laurel Avenue, Laurel, MD 20707

 For appointments, call (301) 437-5788.



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Black Teen Girls Mentorship Program

The Healthy Church is hosting a Black Teen Girls Mentorship Program giving a unique opportunity to gain valuable experience, build your skills, and prepare for their future.

 **Dates:** September 2026 – December 2026

For more information:

 Visit: www.healthychurch.org

 Call: 667-225-1494

 Email: thehealthychurchmd@gmail.com

**BLACK
TEEN GIRLS
MENTORSHIP
PROGRAM**

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Pop-Up Farmer's Markets

Howard County Health Department, Women, Infants, and Children (WIC) is hosting again the Pop-Up Farmer's Market. Discover fresh, Maryland-grown fruits and vegetables.

Dates and Times:

- Tuesday, July 14 - 11:00 AM - 1:00 PM
- Tuesday, August 11 - 11:00 AM - 1:00 PM
- Tuesday, September 8 - 11:00 AM - 1:00 PM
- Tuesday, October 13 - 11:00 AM - 1:00 PM

 Click [here](#) to learn more about Howard County Farmers Markets or call 410-313-5891.



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Cancer Survivors Café

Cancer Survivors Café is a weekly drop-in support group for individuals living with any type of cancer.

Participants will connect with others, build camaraderie, share experiences, and find encouragement in a supportive environment.



Multiple dates available throughout July 2026



Location: Lake Kittamaqundi, 11065 Little Patuxent Parkway, Suite 150, Columbia, MD 21044



Register [here](#).



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Unity in the Community Resource Fair

Howard County Community Resources and Services in collaboration with Howard County Health Department will be hosting the Unity in the Community Resource Fair.



Date and Time: Saturday, August 1, 2026, 10:00 AM – 2:00 PM



Long Reach Village Center, 8775 Cloudleap Court, Columbia, MD 21045



FREE ADMISSION!



For more information, please contact Triston Cooper at (410) 313-6549 or send an email to tcooper@howardcountymd.gov.



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Adult ADHD Across the Lifespan

Join the National Alliance on Mental Illness (NAMI) Howard County for a free virtual workshop about Adult ADHD Across the Lifespan.

 Tuesday, July 21, 2026, 7:00–8:30 PM
 Virtual via Zoom

Registration is required. Register [here](#) to attend the workshop.

 NAMI Howard County MD
Adult ADHD Across the Lifespan

Via Zoom
 Tuesday, July 21 from 7-8:30 p.m.



Dr. Rick Silver
 Topics covered:

Rick Silver, MD, MPH, Director and Founder of Thrive Emerge, (he/him) is a psychiatrist who has been working with neurodivergent patients (Autism Spectrum Disorder, ADHD) and families for several decades. He is the author of *Neurospicy: A Parent Empowerment Guide*. He has three daughters, two of whom are neurodivergent and has been told that he has "a touch of ADHD."

- Understanding ADHD from the Inside Out: What ADHD looks like in the brain, how symptoms change from childhood to adulthood, and why many people aren't diagnosed until later in life.
- ADHD and Co-Occurring Conditions: How ADHD overlaps with other conditions — and how these combinations shape daily life and diagnosis.
- Adult Life With ADHD: The impact on relationships, parenting, work, executive functioning, emotional regulation, and self-esteem.
- What Helps: Current evidence-based treatments and practical tools that help adults build meaningful, successful lives.

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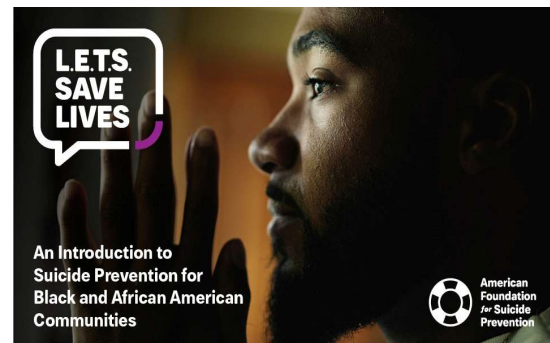
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L.E.T.S. (Listening, Empathy, Trust, Support) Save Lives

The American Foundation for Suicide Prevention (AFSP) is hosting **L.E.T.S. (Listening, Empathy, Trust, Support) Save Lives**, a presentation to reduce stigma, encourage conversations about mental health, and raise awareness of suicide prevention in Black and African American communities.

 Thursday, July 23, 2026
 4:00 PM ET
 90-minute presentation
 Register [here](#).



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Save the Date: National Night Out 2026

Mark your calendars and join the Howard County Police Department (HCPD) for National Night Out (NNO).

 **Date:** Tuesday, August 4, 2026, 5:00 – 8:00 PM

 **Location:** Colorburst Park, 6221 Mango Tree Rd, Columbia 21044

Planning a neighborhood block party? Register [here](#) by **Friday, July 24, 2026.**

Click [here](#) to learn more.



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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



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Safeguard your homes brochures

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)

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

Additional Resources
[Grassroots Crisis Intervention - 988](#)
[NAMI - Howard County](#)
[Teen Health Matters - Mental Health & Suicide Prevention](#)
[CARAPP Suicide Prevention Resources - hclhicresources.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 & Geriatric 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.

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:

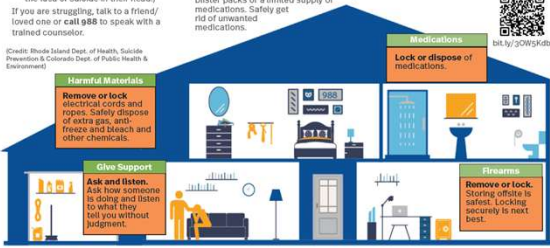
- Temporarily remove firearms from the home.
- Ask a trusted person to store them or call a local shooting range, gun shop or law enforcement agency listed on the [Mandatory Safe Storage Map](#). Scan the QR code for more information.



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.

Remove or lock firearms. Storing offsite is safest. Locking securely is next best.



<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 ANNOUNCEMENTS

**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>



SCAN ME

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NEXT STEPS & WRAP UP

2026 Quarterly Hybrid Full Coalition Meetings:
[Register](#)

October 15, 2026, 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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Thank you!

LHIC Team
LHIC@howardcountymd.gov

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