

HOWARD COUNTY BEHAVIORAL HEALTH SUMMIT #1

The 2nd Curve:
Staying Connected
During the Pandemic

Nov 18, 2020



Promote. Preserve. Protect.

aetnaSM

Howard County LHIC

Local Health Improvement Coalition

HOUSEKEEPING

Participants will be muted upon entry.

Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
 - **Please mute yourself during discussion/questions**



Use the “chat” feature to ask questions during discussion.

- View Participant list on computer– opens a pop-out screen that includes a “Chat” icon that you may use to submit questions
- **Question/comment can also be added to the chat box throughout the meeting**

This meeting will be recorded...presenters may have cameras on.

CRISIS SUPPORTS AND RESOURCES

**If you or someone you know feels overwhelmed or are in crisis,
Help is available:**

- CALL the Grassroots Crisis Hotline at 410-531-6677
- CALL Maryland Crisis Connect, 2-1-1, Press 1
- TEXT the Crisis Text Line at 741-741 24/7 available
or visit <https://www.crisistextline.org>



WELCOME & OPENING REMARKS

Roe Rodgers-Bonaccorsy

Director, Bureau of Behavioral Health
Howard County Health Department

WELCOME & OPENING REMARKS

Marcus Duckworth

Vice President Client Management
Public Sector at Aetna



PURPOSE

GOAL:

We are living in times of uncertainty during this global health crisis with the experts telling us to maintain social distance guidelines. How do we maintain this physical distance while staying socially connected? Learn what you can do to stay connected with loved ones, friends, and your local community while still doing your part.

OBJECTIVES:

1. Welcome & Opening Remarks
2. Panel Discussion
3. Audience Q&A
4. Closing Remarks & Adjourn

PANEL INTRODUCTION – MODERATOR

Christopher Moore

Howard County Maryland Access Point Manager,
Office on Aging and Independence,
Department of Community Resources and Services



Howard County

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES



PANEL INTRODUCTION – PANELIST



Jennifer Crawley Administrator, **Office on Aging and Independence**

Jenna serves as the Administrator for the Office on Aging and Independence within Howard County's Department of Community Resources and Services. Her interest in families, health, and social disparities has influenced her career path and ultimately led her to work with underserved and at-risk populations across the lifespan.

The **Department of Community Resources and Services (DCRS)** provides vital human services through nine offices: ADA Coordination, Aging and Independence, Children and Families, Consumer Protection, Disabilities, Community Partnerships, Human Trafficking Prevention, Local Children's Board, and Veteran's and Military Families. DCRS uses a "No Wrong Door" practice to link customers to the services they need. Their offices serve multiple generations in a multi-cultural community and promote full inclusion and community engagement for persons with disabilities. Their mission is to ensure that Howard County residents have the resources they need to grow, thrive, and live with dignity.

<https://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-on-Aging-and-Independence>

PANEL INTRODUCTION – PANELIST



Aimee Prange

**Optimization and Customer Engagement Manager,
Aetna**

Aimee is Aimee is a licensed clinical social worker with more than 25 years of experience. Her primary areas of expertise focus on mental illness and suicide prevention, intervention, and awareness. She is an active volunteer and co-chair of the education committee with her local chapter of the American Foundation for Suicide Prevention. She is also a volunteer crisis counselor for the Crisis Text Line and has more than 15 years of experience as a public speaker and instructor.

Aetna Inc. is an American managed health care company, and subsidiary of CVS Health, that specializes in consumer directed health care insurance and related services, including medical, pharmaceutical, dental, behavioral health, long-term care, and disability plans.

In addition to specializing in managed care products, Aetna is committed to public and community health efforts across the country.

<https://www.aetna.com/individuals-families.html>

PANEL INTRODUCTION – PANELIST



Erin Ashinghurst

**Independent Living Program Manager,
Accessible Resources for Independence**

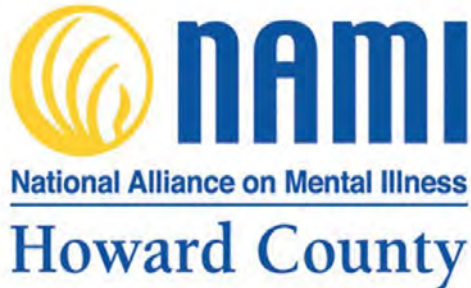
Erin is a Program Manager at Accessible Resources for Independence (ARI).

ARI is a Center for Independent Living with a mission to maximize the independence of people with disabilities. Erin leads a team of staff to implement several community-based programs and services such as advocacy, information and referral, peer mentoring, independent living skills, and youth transition training.

ARI has published “Our Pandemic Survival Plan”, a COVID-19 Resource Guide, available on their website’s homepage. They are also working on digital equity to reduce social isolation while maintaining social distancing protocols. If you are a person with a disability in Howard or Anne Arundel and have a need for technology, please reach out.

<https://arinow.org>

PANEL INTRODUCTION – PANELIST



Denise Giuliano

**Executive Director,
National Alliance on Mental Illness (NAMI) Howard County**

Denise is the Executive Director of the National Alliance on Mental Illness (NAMI) of Howard County, a position she has held for over two years.

Prior to NAMI HC, she did extensive volunteer work for the Community Action Council's Head Start Program and for the Howard County Public School System. Her professional background is rooted in public policy, having worked on Capitol Hill for 6 years and as an education and health care lobbyist for 2 years, prior to raising a family.

NAMI Howard County provides FREE education classes, support groups and advocacy for individuals and families living with mental illness and works to increase community awareness of mental health issues.

<https://namihowardcounty.org/programs-support-groups/education/>

PANEL DISCUSSION



Please Mute Yourself & Use the Chat Box to Submit Questions!

For additional information or questions contact lhic@howardcountymd.gov

AUDIENCE Q&A

Please use the Chat Box to submit questions!

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

For additional information or questions contact lhic@howardcountymd.gov



ANNOUNCEMENT

● Howard County Office on Aging and Independence



**HOWARD COUNTY OFFICE
ON AGING AND INDEPENDENCE**

VIRTUAL OFFERINGS

NOVEMBER 2020

FREE PROGRAMS NEED THE PASSWORD **Howard50+**

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

OPPORTUNITIES TO ENGAGE FROM HOME




Friendly Connections
Making Social Support Calls to Older Adults

Friends are those rare people who ask how you are and then wait to hear the answer.
— ED CUMMINGHAM —

**Don't miss the opportunity to participate
in a rewarding and inspiring program!
Make new friends and broaden your social life!**

If you...

- live alone or are new to the area;
- are 50 years of age or older;
- have limited social connections;
- deal with chronic health issues;
- are seeking an expanded circle of friends;
- are able to use a telephone or cell phone;
- and/or willing to accept scheduled calls from a **Phone A Senior** volunteer, then

Friendly Connections is for YOU!

Contact Maryland Access Point (MAP) of Howard County at 410-313-1234 to enroll in the program.

The Howard County Office on Aging and Independence MAP program will complete an intake and assessment for eligibility and screen for additional community resources. Family members interested in learning more about the program and referring agencies may also contact MAP by phone or email.

During COVID-19, phone calls will replace home visit assessments to determine eligibility.

Bilingual participants are encouraged to participate in this innovative program! All volunteers are screened, trained and have background checks.

Participants will be notified once a match is made with a volunteer and when calls will be scheduled to begin.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services

410-313-1234 (VOICE/RELAY)
map@howardcountymd.gov
www.howardcountymd.gov/aging

If you need this publication in an alternate format, contact MAP at the phone number or email listed above.

MAKE NEW FRIENDS • CONNECT WITH COMMUNITY • SHARE STORIES AND LAUGHS

FOR OLDER ADULTS IN NEED DURING THE COVID-19 PANDEMIC
(lack of transportation, mobility issues, illness, have a disability or quarantined)

Grab&Go

A Meal Distribution Service for Older Adults

Each seven-pack box includes seven different individual entrées, seven cartons of milk, and a variety of fruit cups, apple sauce and bread products.

PICK-UP LOCATION —
Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, MD 21042
Every Thursday • 11:00 a.m. to 12:30 p.m.

**REGISTER TODAY
LIMITED
AVAILABILITY!**

PRE-REGISTRATION IS REQUIRED —
To register, contact Maryland Access Point of Howard County
410-313-1234 (voice/relay) • map@howardcountymd.gov

Order must be received by 12:00 noon on Monday to receive a meal kit for the following week. Eligible individuals must be 60 years and older; spouses of any age are welcome to participate. Program funding made possible through the Senior Nutrition Program of the Older Americans Act of 1965.

SUGGESTED DONATION —
\$47.32 PER SEVEN-PACK MEAL KIT (*\$6.76/MEAL)
Donations ensure the continued viability of the program; a donation envelope is provided with each kit.

PRESENTED IN PARTNERSHIP WITH —

 Howard County Office on
Aging and Independence
Department of Community Resources and Services
www.howardcountymd.gov/aging
Facebook.com/HoCoCommunity

 **The Moving Radish**

 **Neighbor Ride**
Volunteers Drive • Seniors Thrive

If you need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

ANNOUNCEMENT

- **NAMI Howard County**

- **NAMI Connections Veterans Support Group**

- A free, drop-in, peer-led support groups for Veterans living with mental illness
- First Monday of Each Month from 5:30 pm – 7:00 pm
 - Dec 7th
 - Jan 4th
 - Feb/Mar - TBD



NAMI Connections Veterans Support Group - NEW

A free, drop-in, peer-led support group for Veterans living with mental illness.

First Monday of each month from 5:30-7pm

Dec 7th – VFW 7472 4225 VFW Ln, Ellicott City, MD 21043

Jan 4th – via ZOOM

Feb / Mar – TBD

*Social distancing and masks required for all participants

Joining a [Veteran Peer Support Group](#) can help you to feel better in any number of ways, such as:

- Knowing that others are going through something similar
- Learning tips on how to handle day-to-day challenges
- Meeting new friends or connecting to others who understand you
- Learning how to talk about things that bother you or how to ask for help

Personal Perspectives

"I've been missing the feeling of community ever since I retired, here I feel accepted as a member of a tight knit group with shared lived experiences."

"I have lost some of my friends in combat, and I have the opportunity to express my feelings without being judged."

For questions or more information about the NAMI Howard County Veterans Support Group, Please call 410-772-9300, or email Yulanda Blackston: yblackston.namihc@gmail.com or Ashlyn: amcneely.namihc@gmail.com

CLOSING REMARKS & ADJOURN

- **Upcoming WebEx Calls:**
 - **BH Summit #2 The Telehealth Trend: Navigating Healthcare Through Technology** - Wed, 12/16/2020
 - **BH Summit #3 Dealing with Unrest: Understanding Yourself & Others** - Wed, 01/13/2021
 - **BH Summit #4 Behavioral Trends in Youth** – Wed, 02/17/2021
 - **BH Summit #5 Growing Your Wellness Toolbox** – Wed, 03/17/2021
 - Please register at <https://bit.ly/3owAwe0>
- **Presentations, recording, & additional resources will be posted at www.hclhic.org**
- **For additional information, contact lhic@howardcountymd.gov**
- **For those that participated, please complete the evaluation survey by Nov 25, 2020 at <https://www.surveymonkey.com/r/WK7YVWT>**