

**Worcester County Health Department  
Worcester County Local Health Improvement Coalition (LHIC)  
Thursday, December 15, 2022  
Virtual – 8:30 a.m.**

**Present:** Alice Marzola, *Atlantic General Hospital(AGH)*, Ashley Clark, *Eastern Shore Area Health Education Center (ESAHEC)*, **Bibta Pradhan**, *Worcester County Health Department (WCHD)*, **Blair Inniss**, *Legal Resource Center*, **Brittany Young**, *Maryland Physicians Care*, **Crystal Bell**, *WCHD*, **Degan Allen**, *Salisbury University*, **Derek Jarmon**, *Maryland’s Coast*, **Gail S Mansell**, *AGH*, **Genet Burka**, *WCHD*, **Jackie Ward**, *WCHD*, **Jaclyn Sturges**, *WCHD*, **Jennifer LaMade**, *Jesse Klump Memorial Fund (JKMF)*, **Jennifer Mahoney**, *Go-Getters*, **Jessica Sexauer**, *Local Management Board (LMB)/ Local Behavioral Health Authority (LBHA)*, **Josh Davis**, *Ocean Pines Association, Inc*, **Julie Krenzer**, *Johns Hopkins Priority Partners*, **Katherine Rodgers**, *TidalHealth*, **Karen Hughes**, *Life Crisis Center*, **Keirsten DeBoer**, *Deer’s Head Hospital*, **Kelly Shockley**, *WCHD*, **Kim Justice**, *AGH*, **Lauren Blair**, *Coastal Hospice*, **Lisa Shockley**, *LMB*, **Mary Beth Waide**, *Deer’s Head Hospital*, **Nykol Mariano**, *Amerigroup*, **Mike Trader**, *WCHD*, **Mimi Dean**, *WCHD*, **Tamara Mills**, *Worcester County Public Schools*.

**Minutes by:** Bibta Pradhan

Discussion	Action
<p><b>Welcome</b>  Jackie Ward opened and welcomed everyone into the meeting at 8:31am.</p> <ul style="list-style-type: none"> <li>● Approval of the minutes from October 20, 2022 <ul style="list-style-type: none"> <li>○ Josh Davis made a motion to approve the meeting minutes and Tamara Mills seconded the motion with an edit mentioned by Katherine Rodgers in her update. The minutes were approved.</li> </ul> </li> </ul>	
<p><b>Introductions/Program updates</b></p> <ul style="list-style-type: none"> <li>● Jennifer LaMade, Executive Director for Jesse Klump Memorial Fund, is the new LHIC Chair, she introduced herself and started the introductions and program updates.</li> <li>● Julie Krenzer, Johns Hopkins Priority Partner <ul style="list-style-type: none"> <li>○ Focusing on end of the year quality data capture.</li> <li>○ Working with primary care offices on redetermination for people who need to renew/recertify their health choices of medical assistance benefit.</li> <li>○ Ongoing outreach efforts being made to assist unengaged community members in getting into the healthcare system with the primary care providers.</li> </ul> </li> <li>● Mike Trader, Deputy Director of Behavioral Health Services at WCHD <ul style="list-style-type: none"> <li>○ Lower Shore Health Insurance Assistance Program (LSHIAP) - enrollments are open now.</li> <li>○ Mental health treatment program hired a new psychiatric nurse practitioner who specializes in youth and started working full time from Dec. 14th.</li> <li>○ Scheduling for new mental health treatment clients starting January 4th.</li> </ul> </li> </ul>	

- Substance use disorder treatment services continue.
  - Peer support will be fee for service starting in March.
  - Jail Medication Assisted Treatment (MAT) service is starting at the beginning of the year.
  - Writing additional grants to sustain and continue to expand the Law Enforcement Assisted Diversion (LEAD) program.
- Brittany Young, Health Education Specialist for Eastern Shore Western Maryland regions, Maryland Physicians Care
  - Launching Follow Up After Hospitalization (FUH) platform beginning in the new year.
  - Statewide comprehensive screening of the members will be done and the data analytic information will be used for targeted messaging.
- Jessica Sexauer, Director Worcester County LMB and LBHA
  - Currently going through the planning process for behavioral health programs
  - Working with the jail and Worcester/Wicomico Health Departments for MAT in jail program
  - The LMB currently has a notice of funding availability for FY 24 programming. Proposals are due January 9, 2023 at 2:30 pm. Here is the link <https://www.co.worcester.md.us/commissioners/bids>
- Katherine Rodgers, Director of Community Health Initiatives at TidalHealth
  - Health Fest - March 25th, 2023, 8am-noon at James M Bennett High School. It is a regional event focused on families, health activities, health screening, health promotion and awareness. Vendors and exhibitors from throughout the region will be joining the event.
  - REACH (Rural Equity and Access to Community Health) grant continues - currently the team is focused on building faith based partnerships, working with health ministries and bringing diabetes prevention and self management, and chronic disease self management education directly to people in their places of worship.
  - TidalHealth is one of the ten organizations selected to be in the Institute of Healthcare Improvement's next iteration of the Health Equity Collaborative Network. It is a cohort model working toward building a health equity framework and understanding the role of health systems in health equity. TidalHealth completed an 18 months long iteration when it was first launched in 2020. This cohort is called an Action Community Network.
  - Working with another diversity equity inclusion collaborative in partnership with AARP. TidalHealth will be doing PDSAs (Plan-Do-Study-Act) cycles focusing mainly on social determinants of health and expanding screening and addressing the issues across the populations served by TidalHealth.
  - The Maryland Community Health Resource Commission grant on Maternal Health to address the needs of Haitian pregnant and postpartum women was submitted. TidalHealth is working with several partners in the Haitian community to address linguistic barriers, improve maternal self efficacy and increase the number of medical interpreters available at Chesapeake Health Care TidalHealth and Wicomico County Health Department.
- Jennifer Mahoney, Director of the Worcester County Go-Getters
  - Go-Getters received a grant to become a Certified Community Behavioral Health Clinic (CCBHC) and are expanding the ACT (Assertive Community Treatment) Team to Worcester County.
    - Targeting to be fully staffed by January.

More information will be coming soon.

Update on grant will be provided in next LHIC meeting

Updates will be provided in the next

- Karen Hughes, Life Crisis Center
  - Parenting classes to help parents create more satisfying and productive relationships with children by using STEP (Systematic Training for Effective Parenting) will start from Jan 12th - Feb 23, 2023. There will be a total of 7 classes. Registration fee is \$15/class or \$100 if paid in full in the first class. Karen Hughes is the instructor and the contact person for this event.
- Mary Beth Waide, CEO at Deer's Head Hospital Center in Salisbury
  - Changes have been made in COVID-19 screening and other practices to match the Maryland Department of Health Centers for Medicare and Medicaid Services (CMS) and Centers for Disease Control and Prevention (CDC).
  - Awaiting the new Governor and the new administration.
- Gail Mansell, Director Supportive Care Services, AGH
  - Hosting partnership meetings monthly. The purpose of these meetings is to improve the health of the community members by spreading out information on resources that are available in the county.
- Ashley Clark, Executive Director for ESAHEC
  - 2023 Community Health Worker (CHW) training will be held in March 2023. To apply for CHW training please visit the website <https://esahec.org/>. Full and partial scholarships are available.
  - ESAHEC received an education grant of \$50,000 from Global Blood Therapeutics (a Pfizer owned company). Launching the tool kit and education materials in the new year.
  - Diabetes Prevention Program will be up by end of January in collaboration with mid-shore LHIC
  - EPOPS (Elder Population Simulation) program (formerly known as ASST) is still available. The name, title and logo of the program has changed and new features have been added like age simulation bodysuits that helps people understand the aging process. To sign up for the program please visit the website <https://esahec.org/>
- Alice Marzola, Atlantic General Hospital
  - Crisis Center update - as of Nov 30th the Crisis Center has had 803 visits
  - Population health department
    - Flu vaccination- over 1300 flu vaccine given
    - Planning health fairs for next year
    - COVID-19 booster clinics still available
    - The New Year New You virtual program will be held on Jan 10th. It is a free event, flyers coming soon.
- Tamara Mills, Coordinator of Instruction at Worcester County Public Schools (WCPS)
  - Obesity/Physical activities plan
    - Ocean City Elementary School began Girls On The Run in the afterschool program and just completed their first 5K
    - Berlin Intermediate School is set to begin their Girls On The Run in January
    - Snow Hill Elementary School (SHES) and Snow Hill Middle School (SHMS) students are starting on a nutrition lesson partnership in 2023, where SHMS students will create and record nutrition information and the students at SHES get to learn from them.
    - The Student and Staff Health and Wellness School-based Committees have

LHIC meeting. Flyers coming soon.

- completed their plans, which have been reviewed and approved.
    - The WCPS central office building has about 6 staff members who have started working out with a personal trainer after work in our workout room.
    - Introduced the Burnalong, live and on-demand fitness and health platform to all of our staff. Provided 400 free subscriptions. Currently 49% of those have been claimed and are being utilized.
  - Mental health plan
    - Renewed SOS (Signs of Suicide) Suicide Prevention online curriculum subscription (November 2022).
    - With the generous help of Jesse Klump Memorial Foundation, 4 more health teachers were trained on that online subscription on Dec. 6. Seven teachers to be trained in 2023.
    - In November, rolled out a FREE behavioral health digital resource called 7 Cups to all WCPS staff.
  - Substance abuse plan
    - MegaBrain is coming to 5 schools in February to show students how drugs and alcohol affect the brain.
    - Mid-year SADD (Students Against Destructive Decisions) retreat is Jan. 9th, with 7 schools and 70 students. A vaping presentation from CADCA (Community Anti-Drug Coalition of America).
    - Piloted the DARE (Drug Abuse Resistance Education) program in 7<sup>th</sup> grade at SDMS (Stephen Decatur Middle School) (Oct. 2022). It was very successful and plans to hopefully expand to other schools (in partnership with the Sheriff's Office).
    - SDMS held their Career and Health Fair on Nov. 17th with over 30 vendors and at least 14 of them were health-related.
  - Youth Council will be taking an outreach survey from the WCHD to find out where teens are getting their health information. This is so that the reproductive health office can provide information and campaigns to Worcester County youth.
- Degan Allen, Center for Healthy Communities at Salisbury University
  - Resource Fair- is coming back, it is focused on trying to connect resources for growth and development between agencies. If interested to participate in the fair please email [dmallen@salisbury.edu](mailto:dmallen@salisbury.edu)
  - Early Childhood Mental Health Conference
    - This conference focuses on the impact of the culture on development and integration.
    - Seeking for two speakers to speak on migrant worker population and on Haitian Creole population. Please reach out to Degan Allen if anyone knows an interested speaker.
  - Partnering with Wicomico County to provide safe spaces training
  - Minority youth outreach project will be held in May
  - Eastern Shore School Mental Health Coalition will be held in March this year otherwise done in November
  - Working with Jesse Klump Memorial Foundation to identify the structure and timing for a local suicide prevention conference
  - Looking out for partnerships to support community for programs providing professional

development and community outreach

**Community Health Improvement Plan (CHIP) Priorities**

- **CHIP Priority I-Mental Health (Lead: Eric Gray and Tina Simmons)**  
**Mental Health Workgroup Update** - by Mike Trader, Deputy Director of Behavioral Health Services at WCHD
  - Expand Mental Health First Aid (MHFA) training
    - MHFA training was provided to Fire/EMS on Oct 5th, another scheduled in Dec.
      - Fourteen first responders were trained in first quarter
    - Two additional instructors were trained in FY-22
    - Two Adult MHFA trainings were provided to community members on Aug 11th and Sept 27th, 2022. 13 and 28 community members were trained respectively.
  - Media campaigns
    - Mental health awareness challenge campaign was completed in FY-22
    - MHFA for first responder commercial was on television on FY-22
    - WCHD received the second mobile wellness van in November. This van provides promotional materials to the community. To reduce stigma around mental health the van has no Health Department logo on it.
    - Social media messaging and weekly facebook posting is an ongoing process - disseminating messages regarding 9-8-8, Out Of the Darkness Walk (OODW) and Anti-Stigma events
    - Stall Talks- transitioned to a combo of physical and mental health. Distributed to all 14 schools. 35 student's Stall Talk for youth is being distributed each month in MS and HS.
    - MINDRESILIENCE website is being updated with resources. They are using Google analytics to monitor website engagement.
  - Increase community awareness through targeted trainings and activities
    - Stephen Decatur Middle School health classes created physical and mental health infographics for display at Career and Health Fair in Sept, Oct. and Nov.
    - LMB issued a request for proposal to implement the Bounce Back program to elementary age children.
    - SAGES (Strengthening Adolescent Girls with Education and Support) program has recruited 12 students from 7th and 8th grade, waiting for paperwork from parents. Group starts after the holidays.
  - Suicide prevention awareness campaigns
    - Jesse's Paddle was held on Sept 17th, 2022 and raised \$35,000.
    - OODW that was scheduled on Oct 1st, 2022 was canceled due to inclement weather but the Evening of Reflection event was held a week after in Public Landing which was a success.
    - SOS digital curriculum subscription was renewed. Four teachers received the online training in December and 7 teachers are planning to take the updated training in 2023.
  - Develop a comprehensive behavioral health crisis program mirrored after the Crisis Now care delivery model
    - Full time LCSW-C and FT PMHNP were hired on 12/20/21 and 5/23/22 respectively. A peer support person for mental health was also hired recently.

- Community education about the crisis center is ongoing- Continuing to hand out 3x5 information cards, regular social media postings, sharing the information at all community events and health fairs.
  - Eight hundred three Crisis Center visits as of Nov 30th, 2022.
- Expand mobile crisis services
  - Looking for sustainability for the services to continue- ongoing
- Build workforce
  - WCHD has five active affiliation agreements with local colleges and additional nine agreements with online colleges.
  - Three trainings were held in first quarter allowing 14 possible CEUs
  - Preparations on Job fairs in fall and winter
  - Exploring to reevaluate Health Professional Shortage Area score for our area
  - WCHD is offering a paid internship option for students getting masters degree in social work or counseling. Four paid interns started in Sept 2022.

**Prevention updates**

- **Colon Cancer Screening Program updates** by Kelly Shockley, Nurse Case Manager and Colorectal Cancer Program Screening Coordinator, WCHD
  - The Program focuses on Worcester residents who are 45 years and older and also 18 years and older with symptoms of colon cancer
  - Continue strengthening partnership with faith based community
  - Good collaboration with FQHC Chesapeake Health, have had dramatic increase in number of referrals
- **Tobacco updates** by Crystal Bell, Chronic Disease and Tobacco Supervisor, WCHD
  - New funding opportunity was announced on 11/7- The WCHD is requesting proposals to address tobacco use disparities and advance health equity by identifying and eliminating tobacco, diabetes, and chronic disease related health inequities and disparities. Community-based organizations, churches, private entities, non-profits, and workplaces are encouraged to apply. Organizations can request up to \$20,000, A total of \$20,000 is available to support these efforts provided by the state of Maryland through the WCHD. Mini-grant opportunities were highlighted on WMDT. One proposal was received and will be reviewed on 12/20.
  - National Great American Smokeout Day was on November 17<sup>th</sup> for individuals thinking about quitting smoking or vaping. Water bottles with cessation resources were distributed to local agencies within the county. Resources and support for smoking cessation are available for youth and adults through the Worcester County Health Department.
- **Chronic Disease Updates** by Crystal Bell
  - Fall Walk Scavenger Hunt took place on November 12-13. 19 residents participated in this event. Berlin Glow Walk took place on November 4, 2022. 80 residents attended this event. Fun walks are promoted as a way to keep our residents active and to make them aware of safe places to walk in the county. “12 Days of Just Walk and Wellness” initiative is currently underway. This self-directed walk initiative is running from December 5-17 at Newton Park, Byrd Park, and Herring Creek Park.
  - Free community scholarships are still available for parents and guardians of low-income youth who reside in Snow Hill, Berlin, or Pocomoke communities as a part of grant funding the local health department received through a CareFirst grant. Applications are

available through the local health department and can also be found at [www.worcesterhealth.org](http://www.worcesterhealth.org).

- The local health department has continued to gather feedback from residents through a survey that was created to identify ways to help residents in the community be physically active and eat healthy as a part of the Community Health Improvement Plan (CHIP). 220 surveys have been completed by residents from Berlin, Pocomoke, and Snow Hill. Results will be used to develop additional strategies for promotion of healthy lifestyle behaviors.
- New Worcester Wellness Weigh (WWW) Cohort is scheduled to begin on January 23<sup>rd</sup>. Program designed to address childhood and adult obesity.
- Diabetes Prevention Program (DPP) continues to be offered throughout the county as a way to prevent and/or delay the onset of Type II Diabetes.
- In collaboration with Worcester Public Schools, we are in the process of planning for a middle and high school youth ambassador retreat on January 9, 2023. This will be a follow-up for what was discussed at the Annual Peer Leadership Retreat which took place in October.
- As a part of the Tidal Health Reach Grant - Health Screenings have continued to be conducted in the conjunction with other community events. Diabetes Support Groups and DPP also continue to be promoted.
- The Farm to Library Project is a program that focuses on addressing some of the key drivers of type 2 diabetes through garden tours, community gardening, health literacy training, physical activity, cooking classes, and job skill training. The program has been successful due to collaborative efforts and partnerships with community organizations. Kelly Williams, who serves as our Nutritionist here at the WCHD, has hosted a variety of cooking demos in the county in collaboration with Judy Center and the Public Libraries. The next demo is scheduled to take place at the Snow Hill Library December 21 at 1:00pm-2:00pm.

**Additional updates - None**

**Adjournment -** The meeting was adjourned at 9:45am

**Next LHIC meeting is on February 16th at 8:30 am - hybrid**

**Virtually via Zoom Meeting:**

**<https://us02web.zoom.us/j/89995329407?pwd=SSswa1l4dXd1QnZlSzRyRmJhWFhsOT09>**

**Meeting ID: 899 9532 9407**

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**Dial by your location: +1 646 518 9805**

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**OR**

**In person at the Snow Hill Health Department 6040 Public Landing Road, Snow Hill, MD 21863**