

**Worcester County Health Department
Worcester County Local Health Improvement Coalition
Thursday, October 20, 2022
Virtual – 8:30 a.m.**

Present: Lisa Shockley, *Local Management Board (LMB)*, Jackie Ward, *Worcester County Health Department(WCHD)*, Katherine Rodgers, *TidalHealth*, Rebecca Jones, *Health Officer WCHD*, Jennifer LaMade, *Jesse Klump Memorial Fund (JKMF)*, Crystal Bell, *WCHD*, Lauren Blair, *Coastal Hospice*, Jessica Sexauer, *LMB/ Local Behavioral Health Authority (LBHA)*, Bibta Pradhan, *WCHD*, Karen Hughes, *Life Crisis Center*, Jennifer Mahoney, *Go-Getters*, Kim Justice, *Atlantic General Hospital (AGH)*, Mary Beth Waide, *Deer’s Head*, Keirsten DeBoer, *Deer’s Head*, Nykol Mariano, *Amerigroup*, Kelly Shockley, *WCHD*, Blair Inniss, *Legal Resource Center*, Melissa Kelly, *CareFirst*, Ron Fisher, *Community Member*, Brittany Young, *Maryland Physicians Care*, Derek Jarmon, *Maryland’s Coast*, Degan Allen, *SU for Healthy Communities*, Ellen Willingham, *John Hopkins Priority Partners*, Lillian Wilkinson, *Department of Social Services (DSS)*, Tamara Mills, *Worcester County Public Schools* Josh Davis, *Ocean Pines Association, Inc.* *Chair
Minutes by: Lisa Shockley

Discussion	Action
<p>Welcome</p> <p>Jackie Ward opened the meeting at 8:31am.</p> <ul style="list-style-type: none"> ● Approval of the minutes from August 18, 2022. <ul style="list-style-type: none"> ○ Katherine Rodgers made a motion to approve the minutes with the following correction: In her update from August it listed that the joint community needs assessment was in partnership with Worcester County, but the plan is with Wicomico County, Somerset County, and Tidal Health. Jessica seconded the motion with the revision. The minutes were approved. 	
<p>Introductions/Partner Updates</p> <ul style="list-style-type: none"> ● LBHA, LMB and WCHD, Jessica Sexauer <ul style="list-style-type: none"> ○ The Community Partnership Agreement for the LMB has been approved by the Worcester County Commissioners. The LMB will be finalizing the FY23 programs, and they are excited to bring the Bounce Back program to Worcester County. Anticipating the start of the process of implementation in early November. ● WCHD, Becky Jones <ul style="list-style-type: none"> ○ The second WCHD mobile unit will be here within the next few weeks. The first mobile unit is more clinical in nature, the second unit will be less clinical and designed for behavioral 	

health services. The first unit is wrapped with information and programming, and the second will not be as much. Will offer to bring the van to partner's events etc.

- Reminder to everyone, please make sure to get your flu shot.

- Legal Resource, Blair Inniss

- Provide legal and technical assistance regarding tobacco related issues for anyone in the state of Maryland.
- Also tracks all public health related legislation. They maintain a live, real time, document listing upcoming legislation, and have Zoom calls every other week to discuss specific bills of interest.
- Email publichealth@law.umaryland.edu if you are interested in being added to the legislative notification list.

- JKMF, Jennifer LaMade

- Jennifer started her position in October as the new Executive Director for the Fund.
- They are in the midst of a grant to get the word out about 9-8-8 which is a 24-7 call line for individuals experiencing a mental health crisis, or suicidal.
 - Jennifer has posters to share for anyone who would like to display the information.

- Maryland Physicians Care, Brittany Young

- Recently completed contracts with a social determinants of health platform that will be accessible the first of the year. Actively updating community based organization lists across the State of Maryland. If you want to be included, but are not, please email Brittany.

- Maryland's Coast, Derek Jarmon

- Finishing fall programs and about to begin winter sessions indoors.
- Have a few vendor spots available for track or treat next week. Djarmon@marylandscoas.org

- SU for Health Communities, Degan Allen

- Have partnered with the school of nursing to hold a substance use disorder conference. They will discuss the impact of addiction on the brain and more. Worth a social work LCPC and nursing credit. Contact Degan for more information: dmallen@salisbury.edu
- Will be holding a child abuse prevention and information training. There will be a smaller training in December on the impact of COVID on incidents of abuse and reporting.
- MSDE has come out with Project Blue Book, and SU is looking for partners to collaborate with regarding equity within the schools.

- JH Priority Partners, Ellen Willingham

- Involved in a big outreach to members regarding child COVID vaccinations.
- Supporting the Vulnerable Populations network ensuring that local communities have food and other information.

- Lower Shore Clinic and Go-Getters, Jennifer Mahoney

- Awarded a grant to become a Certified Community Behavioral Health Clinic.
- Life Crisis, Karen Hughes
 - 988 is moving ahead and offers a text to chat hotline.
 - October is Domestic Violence awareness month and Life Crisis will have a table on Third Friday in Salisbury. The libraries will have domestic violence displays all month.
 - Next week is Halloween costumes and cocktails fundraiser at Seacrets. Tickets are still available.
 - Will be starting a parenting class, and will need a minimum number of people in order to host the class. They are scheduled to start on November 3rd, every Thursday for 7 weeks from 4:30pm-6:00pm in Salisbury. It is \$15 a session, or if paid in full the first night it will be \$100. If there is anyone you would like to refer to the class, it is the Effective Parenting program. Email Karen for additional information.
- Tidal Health, Kat Rodgers
 - Community Development Network of Maryland has awarded Tidal Health the Collaboration Award due to the work with Wicomico Habitat for Humanity, Worcester Habitat for Humanity, and Chesapeake Housing Mission with the EXHALE program. EXHALE provided approximately \$110,000 worth of repairs to low income households with individuals that had lung disease such as COPD or asthma. The grant was renewed under Wicomico Habitat for Humanity for an additional year.
 - Held drive through flu clinics. Provided over 2,000 shots and over 200 in Crisfield. Was able to enter documentation so that individuals could have records in their MyChart immediately.
 - Almost done with the Community Health Improvement Plan. Tidal Health, Wicomico and Somerset complete the plans together. May have the capacity to do a regional one with Worcester in three (3) years. Close to launching a stand alone website to present the data, and to highlight various programs and initiatives.
 - Almost six (6) months into the REACH grant. Have retooled the approach, and initiatives so they plan to reach 3,000 unduplicated participants in the next year and a half by expanding chronic disease self management education, diabetes self management education, community health workers, mobile screenings and care coordination.
 - In the process of launching the findhelp site and electronic resource directory that any entity throughout the region can use to help find help or people can find help themselves. Contact Kat for more information.
 - Have three (3) new community health workers, who are going through certification training. That training was funded by the Lower Shore Workforce Alliance.
 - Have job openings in Population Health at Tidal Health. Expanding the Community Wellness Department into Sussex County.
- Atlantic General Hospital, Kim Justice

- Completed the Community Health Needs Assessment. Would love to see a regional collaboration.
- Coastal Hospice, Lauren Blair
 - There are several webinars coming soon.
 - Grief during the holidays, tools to cope with loss on October 25th at noon. coastalhospice.org
 - On November 15th Meet the Hospice Interdisciplinary Team, your circle of support.
- Department of Social Services, Lillian Wilkinson
 - ERAP funding has ended, but expecting additional funding will come.
- Deer's Head, Mary Beth Waide
 - Congratulations to their lab who recently had their Joint Commission survey and it was completed with only two minor findings.
- CareFirst, Melissa Kelly
 - Reminder that they want to partner with the community and that they have a community health and social impact team for health fairs and vaccination clinics.
 - If anyone is finding barriers to getting data please let her know, as they may be able to help.
 - There is a webinar coming up on October 31st on protecting consumer health information. Keeping Your Secrets Safe—A Health Discussion About Protecting Consumer Health Information. Visit carefirst.zoom.us/webinar/register/WN_U-iv2hutSB678m6bIhOYYA to register.
- Amerigroup, Nykol Mariano
 - In January 2023 Amerigroup will change to WellPoint.
 - Will be adding different value added benefits for members, but those have not been rolled out yet.
 - Budget is wrapping up for the end of the year, so the last day for sponsorships will be the last of November. For more information contact Nykol: nykol.mariano@anthem.com
- Tamara Mills
 - Finished up SADD retreat for middle schools and high schools.
 - Red Ribbon week is coming up, and the WCHD provided supplies to schools.
 - Working with Crystal on the Take Down Tobacco project, having the youth council and SADD students trained specifically for vaping and creating a culture where it is not cool.
 - Worked with Mosaic Solutions on MegaBrain last year. Debbie Smullen and Tamara were able to write into one of the grants to bring that back in February to five (5) schools, along with the lungs too. Students can walk through them and see how substances affect different areas.
 - Keeping the Arrive Alive Project, which is the driving simulator that comes in the spring to

show students how they drive when they are texting or under the influence.

- Working on sexual health curriculum updates.
- Worcester Goes Purple and Debbie Smullen have been working on a Hat not Hate Project to curb bullying and increase kindness.
- Would like to request some 9-8-8 posters from JKMF. The youth counsel had a request from several teachers who had posters printed. Would like to request additional posters.
 - Jennifer LaMade will share.

Nominations for LHIC Chair

- Thank you to everyone who nominated individuals via forms.
- Jennifer LaMade has agreed to become LHIC Chair.

Discussion about Meeting Format

- Virtual, hybrid or in-person?
 - Hybrid meetings, with some in person meetings per year with rotating locations.
 - Degan is willing to organize an in person meeting space at SU in Salisbury.
 - If there are other agencies willing to host an in person meeting please let Jackie know.

Community Health Improvement Plan Priorities – Update from the Adolescent Substance Use Workgroup - Jessica Sexauer

- Update on CHIP Priority 2, Adolescent Substance Use
 - Started to collect data in year one by sending out requests for information from key partners who were identified as a lead role, asking them what had happened in year one(FY22). Received a lot of great feedback about priority areas and objectives.
 - Recently sent out requests for the first quarter of year two. Hoping to update year two by quarters. Once that information is received, Jessica will schedule a meeting in November with all members that assisted with creating goals and get additional feedback.
- Year One goal updates
 - Expand harm reduction and outreach programs.
 - There were six (6) Mental Health First Aid training provided in FY22, three (3) Adult Mental Health First Aid, and three (3) Youth Mental Health First Aid.
 - These trainings reached 93 community members, including professionals.
 - Narcan training was held in person, as requested, in FY22. There were 978 community members, including law enforcement officers, trained on proper use and storage of Narcan.
 - 1,125 Deterra bags distributed in the community. Deterra bags are a safe way to dispose of

prescription medication at home, and use organic proprietary activated carbon to deactivate drugs and prevent future environmental contamination.

- Continue to explore harm reduction programs.
- Offer new evidence based intervention programs that focus on community and individual level.
 - In FY22, there was a Request for Proposal for Teen Intervene. The program vendor, Community Behavioral Health, will begin implementation of the program in FY 23, with a centralized location in Snow Hill.
- Implementing parenting skills and education.
 - In FY22 twelve (12) parents were provided parenting education.
- Provide Adverse Childhood Experiences and Trauma Informed Care training in the community.
 - In FY22 this effort was supported through the LMB with an ACEs Interface Intermediate training in collaboration with SU and BHA.
 - There were 38 participants in FY22, the training was well received, and hope to bring more trainings to the community.
- WCHD Prevention continues to provide after school programming in Snow Hill Elementary School, and Pocomoke Elementary School, where 35 students were offered life skill education. 66 students participated through Snow Hill Middle School, Pocomoke Middle School and Stephen Decatur Middle School.
- Continued with academic detailing.
 - 90 pharmacies were visited.
- Conducting drug overdose awareness campaigns
 - Establish a partnership with Maryland Rural Opioid Technical Assistance.
 - This continues to be a goal, and there are plans to work with them to bring a series of five (5) training sessions after the first of the year.
 - Promote the healthy youth newsletters to youth and parents.
 - In FY22 there were 5,030 people reached through the quarterly newsletter.
 - Topics included alcohol and drug prevention education strategies, tobacco education strategies, eating and exercise, stress management, and upcoming programs.
 - Work with Opioid Operation Command Center (OCCC) to participate in regional town hall series in FY22.
 - OCCC held eleven (11) events, with two (2) on the eastern shore, where representatives participated. They were held at SU and well attended.
 - Implement the One Pill Can Kill national campaign.

- Delivered this to the SHHS health teachers, assistant principals, along with three town hall meetings in Pocomoke, Snow Hill, and Berlin.
- In FY23 there are additional updates to the campaign as it transitions to Just Say Know.
- Implement the Talk. They Hear You campaign.
 - This was delivered to town hall caregivers and community partners in October and April.
 - It reached 400 students and 25 adults through SDMS.
- Maintain the Decisions Matter website through Worcester Heath.
 - In FY22 2,585 were reached through the website.
- Explore opportunities to support, protect, or improve the wellbeing of adolescents.
 - Creation of an Adolescent Clubhouse that serves youth, ages 12-17 or 18 if still in high school.
 - In FY22 there was a RFP that went out to the community and implementation strategies expected to begin FY23.
 - Provide peer to peer support program and peer leadership in SADD.
 - In FY22 the peer leadership trainings were held, one for middle school and one for high school. There were great topics covered and 60 youth that participated.
 - Continue providing teen smoking cessation programs through the alternative to suspension program.
 - FY22 the WCHD offered the project in partnership with the Board of Education. There were three (3) students enrolled that successfully completed the program.
 - Collaborate with community partners to better support children and families.
 - Through the LMB, continuing to partner with community and coalition members to explore ideas on substance use support.
 - In FY22 partners were to:
 - champion the Children’s Mental Health Matter month in May through social media and email correspondence,
 - provide healthy lifestyles training with Board of Education
 - conducting community outreach
 - having health fairs at the schools
- Pursue funding opportunities for additional youth programs in low income communities starting with expanding activities targeting adolescents.
 - Berlin Prevention Works conducted a 6-week program called The Power of Pause, Mindful Movements.

- They also did a pilot for He is Me, self discovery with mentorship. This started with 6 mentees in January and grew to 10 mentees.
- Boys and Girls Club at Pocomoke High School, was serving 20 students.
- Looking at after school athletic programs in the Pocomoke Middle School area.
 - The future Warriors athletic program will be starting again this fall.
 - Last year 260 Pocomoke Middle schoolers participated.

Prevention Updates

Cancer Prevention Update - Kelly Shockley

- For colon cancer screening, they exceeded their performance measures for FY22, and are hoping to expand and increase again for FY23.
 - Working on the outreach and education plan to increase enrollment in the program.
 - Have 26 enrolled in the program due for colonoscopy screening FY23 and working to get them scheduled.
 - Increased collaboration and referrals from Chesapeake Health.
 - Working on a colon cancer social media campaign to increase awareness.
 - Working with faith-based organizations to try to increase enrollment and awareness.
 - If you have clients that are 45 years or older, that are uninsured, under insured, or need assistance with navigating services, please have them contact Kelly for screening opportunities. 410-632-1100 ext. 1103 or Kelly.shockley1@maryland.gov
- Continue to partner with Wicomico and Somerset for women's breasts and cervical screening.

Tobacco Update - Crystal Bell

- The Adult Cessation class will be held in the fall. Contact Kelly Shockley for additional details.
- Youth Cessation class will also be held in the fall and will also be back in the schools offering in school alternatives to suspension programs.
 - Referrals have increased for middle and high school students.
- Just closed out the youth ambassador training. Held the middle school youth ambassador training on October 6th and the high school October 18th and 19th.
- Remind everyone of Maryland tobacco laws relating to flavored disposable tobacco products. With the exception of menthol and tobacco flavoring the law states that Maryland tobacco retailers should not be selling flavored pod based or electronic smoking devices.
 - Tobacco materials will be updated to reflect these changes.
 - If you see any retailers selling these items please let Crystal know, as some retailers are still unclear on the laws.

<ul style="list-style-type: none"> ● Just Walk fun walks <ul style="list-style-type: none"> ○ There are seven walks scheduled for FY23. That schedule has been released with the next walk, Berlin Fall Walk at Decatur Park, November 4th in collaboration with the Town of Berlin. ○ Looking to reschedule the fall pumpkin scavenger hunt that was set to be October 5th on Walk Maryland day that was postponed due to the weather. <p>Chronic disease updates - Crystal Bell</p> <ul style="list-style-type: none"> ● Continuing the Diabetes Prevention Program in the community. Trying to make sure all programs are accessible throughout the county. <ul style="list-style-type: none"> ○ There are now classes in Pocomoke which started last Wednesday, Snow Hill starting next Thursday, and Berlin starting November 7th. Contact Crystal for more information. ● As a part of the Farm to Library project, WCHD has continued to conduct cooking demonstrations primarily through the libraries. ○ They also have been offering health screenings. Body weight, composition, blood pressure, pre-diabetes risk test and general health education. These health screenings are part of the REACH grant to increase screenings and linking to most appropriate resources. ○ As part of the CHIP, Prevention created a survey to help address community barriers and find ways to help residents eat healthier and be more active. This survey has been distributed at community events and offers different incentives for those that complete the survey. They have received over 130 responses. ○ Funding is still available for guardians and parents of low income youth who reside in Snow Hill, Berlin, or Pocomoke as part of the Farm to Library project. Offering job skill training scholarships in collaboration with Wor Wic Community College. Parents have the opportunity to take job skill training courses at no cost. ○ This project was highlighted at the White House and will be highlighted at the Maryland Rural Health Association conference on the 24th. Kelly Williams, nutritionist will be presenting. <p>Additional Updates - None</p>	
<p>Adjournment - The meeting was adjourned at 10:03am Next LHIC meeting is Thursday, December 15, 2022 8:30 a.m. via Zoom</p>	