

#### **County Health Equity Forum**



Anne Arundel County Department of Health Office of Assessment and Planning



Office of Health Equity and Racial Justice (HERJ) Monday, May 20, 2024, 3:00 PM (EST)



#### Anne Arundel County Department of Health

# Welcome

Thank you for joining today's Health Equity Forum!

Purpose: Brings together health equity champions who live, work, play, worship, and learn in Anne Arundel County for information-sharing, idea exchange, and meaningful conversations about social drivers of health and efforts to unlock opportunity for everyone to achieve their best health.

For online participants:

- Mute your microphone to minimize background noises.
- Use any or all of the below options for questions, comments, responses, and reactions:
  - Chat feature
  - Raise Hand icon via the Reactions feature to let the presenters know you want to speak. *Before you speak, please share your name and organization.*
  - Email us at: healthequity@aacounty.org

Please note: If you are only participating by phone, it is recommended that you use the Zoom App.

Please note: This virtual meeting is being recorded.



**React to the Forum!** 



Anne Arundel County Department of Health

#### HER] Office Team



Alexander Bravo Bilingual Community Health Worker



Keith Fielder Community Health Worker



Chandra Chea Community Health Outreach and Grants Development Consultant, part-time



Kristin Coleman, MPH Health Policy Analyst Office of Assessment & Planning



Eona Harrison, PhD Health Equity Planning and Implementation Consultant



Corynna Limerick, MPH Program Manager, HERJ Office



Raymond Medley, Jr. HERJ Programs & Advocacy Coordinator

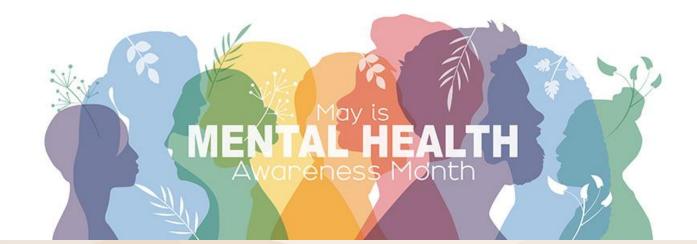


Anne Arundel County Department of Health

#### County Health Equity Forum Agenda

#### May 20, 2024, 3:00 p.m. (EST)

3:00 p.m.	Corynna Limerick, MPH, Program Manager, Office of Health Equity and Racial Justice         Dr. Tonii Gedin, RN, DNP, Health Officer		
3:05 p.m.			
3:10 p.m.			
3:15 p.m.	Christopher Yelen, LCSW-C and Mia Riggsby, LMSW, Anne Arundel County Mental Health Agency     Older Adult Mental Health Discussion		
3:25 p.m.	Despina Thomas, MPH, Suicide Prevention Coordinator     Suicide Prevention Awareness		
3:30 p.m.	Community Spotlight <ul> <li>Community Health Ambassadors Program's Mental Health Promotion</li> <li>Mental Health Activities and Stories from Center of Help, Community Action Agency, Growth Matters, and My Life Foundation</li> </ul>		
3:40 p.m.	<ul> <li>Shavon Wilson-Thomas, Project Manager Gun Violence Intervention Team (GVIT)</li> <li>June Gun Violence Awareness Month</li> </ul>		
3:45 p.m.	<ul> <li>Eona Harrison, PhD, Health Equity Planning and Implementation Consultant</li> <li>Health Equity Action Plan Update</li> </ul>		
4:00 p.m.	Closing Remarks		



## LET'S TALK MENTAL HEALTH





#### Mindi Garrett, MPH, CHES



I'd love to continue this conversation. Please email me at HealthyAnneArundel.aacounty.org and visit www.healthyannearundel.org

Health Policy Analyst Healthy Anne Arundel Coalition (HAAC) Anne Arundel County Department of Health

Mental Health Matters event Saturday, May 11th

- Over 500 in attendance
- 90 vendors
- Calming room
- Caricatures
- Face painting
- Games
- Therapy dogs And more...





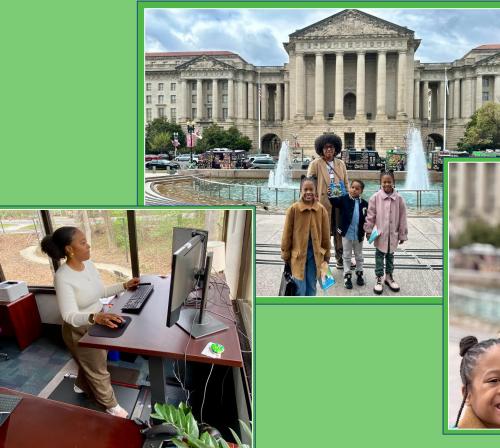
CHA Partners wear green to celebrate! aahealth.org/mental-health-awareness-month #HealthyMindsHealthyLives











#### Photos from our Health Officer



#### 1. Spreading acceptance and support

Take a selfie and tell us what makes you feel accepted and/ or supported. "I feel accepted and/ or supported when..." (ex. "People listen to what I have to say.")

#### 2. Strategies for managing mental health

Take a selfie and tell us what self care looks like for you. *"To me, self-care is..."* ("spending time in the garden.")

#### 3. Language matters

Snap a photo of words or phrases that make you feel safe and accepted? *"Words that make me feel accepted are..."* ("Thanks for your help!")

Do you have a photo on your phone that shows your support of mental wellness?

Use the QR Code to submit a photo!



# Warmline Posters



#### What happens when I call the **Crisis Response Warmline?**

Feeling like you or someone you care about needs help, or just needs to talk to someone .....

Call the Warmline 410-768-5522

Any age can call the warmline.\*

A concerned counselor will always answer your call.

They will ask what you are in need of and offer support and resources to help.

You will be asked for your name, but you do not have to give it.

Your call is kept private, unless there is a safety concern. \*\*



If you feel scared and hang up, the counselor will call back to make sure you are ok.

\*The age of consent for mental health services is 12. We do not need parent consent: however, our goal would be to get permission from the caller to involve an adult.

\*\*If there is a concern for safety (suicide, homicide, abuse, or neglect), we will break confidentiality, as we are mandated reporters and will have to make a child or adult protective services report.









Anne Arundel County **Crisis Response Warmline** Respuesta a Crisis del condado de Anne Arundel



Feeling like you or someone you care about needs help, or just need to talk to someone ...

Siente que usted o alguien que le importa necesita avuda, o simplemente necesita habíar con alguien.

Call the Warmline Llame a la línea cálida 410-768-5522

Any age can call.\* Cualauler edad puede llamar.\*

Your call is private (unless there is a safety concern. \*\*)

A person who cares will always answer.

A counselor can come to you if needed.

#### **Anne Arundel County Crisis Response Warmline**



Feeling like you or someone you care about needs help, or just needs to talk to someone... Call the Warmline 410-768-5522

Any age can call.\*

Your call is private (unless there is a safety concern. \*\*)

A person who cares will always answer.

A counselor can come to you if needed.

If you feel scared and hang up, they will try to call back to make sure you are okay.



healthy

ANNE ARUNDEL

\*The age of consent for mental health services is 12. We do not need parental consent; however, our goal would be to get permission from the caller to involve an adult.

\*\*If there is a concern for abuse or neglect, as mandated reporters we will have to make a child or adult protective services report. Our goal is always your safety.



#### Mental Health Awareness for Older Adults Christopher Yelen, LCSW-C Mia Riggsby, LMSW





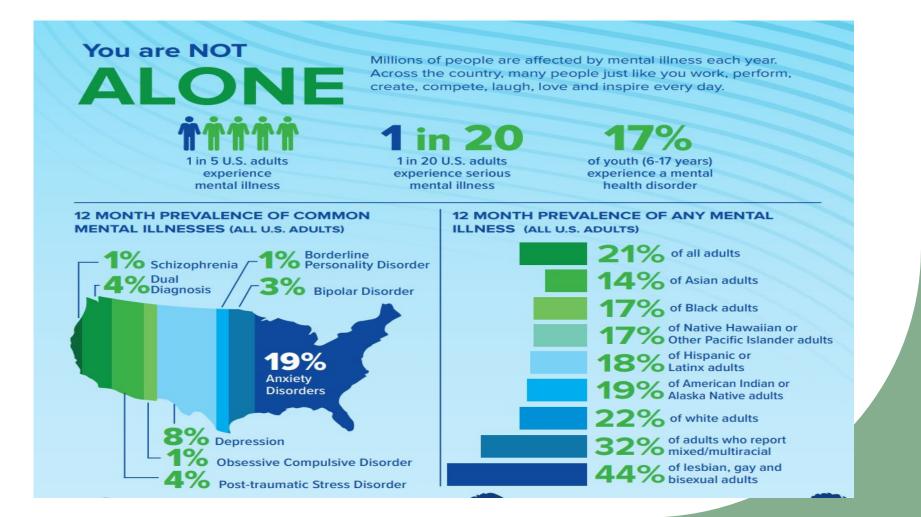
I'd love to continue this conversation. Please email me <u>cyelen@aamentalhealth.org</u> mriggsby@aamentalhealth.org

**Anne Arundel County Mental Health Agency** 

#### Stigma of Mental Health and the Older Adult

Christopher Yelen LCSW-C

Mia Riggsby, LMSW



#### Statistics

- Globally, the population is ageing rapidly. Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double, from 12% to 22%.
- Mental health and well-being are as important in older age as at any other time of life.
- Mental and neurological disorders among older adults account for 6.6% of the total disability (DALYs) for this age group.
- Approximately 15% of adults aged 60 and over suffer from a mental disorder.



Common Stigmas

- Mental health problems are uncommon
- All people with a mental illness are violent
- People with schizophrenia have a split personality
- Addiction is a lack of willpower
- Mental health problems are permanent



What Can we do

- Education
- Be Conscious Of Language
- Talk Openly About Mental Health.
- Encourage Equality Between Physical and Mental Illness.
- Show Compassion for Those with Mental Illness.



# When is it time to ask for help



- Memory Issues
- Change in mood
- Change in personal Care
- Social Withdrawal
- difference in work performance
- weight changes
- sadness, hopelessness, or anhedonia (a loss of pleasure and pulling away from things that used to provide enjoyment)
- physical symptoms, such as headaches and stomach issues

Who to turn to for help

- •Primary Care Doctor
- •988
- •Maryland 211
- •Call the National Alliance on Mental Illness Helpline at 800-950-NAMI Or in a crisis, text "NAMI" to 741741

#### Mobile Crisis

- Anne Arundel County Crisis 410.768.5522
- Baltimore Crisis Response, Inc. (Baltimore City)
   410.433.5175
- Baltimore Child and Adolescents Response System (Baltimore Co.)

410.433.5175

- Baltimore County Crisis Team
   410.931.2214
- Carroll County (Maryland Crisis Hotline) 410-952-9552
- Eastern Shore Mobile Crisis (Caroline, Cecil, Dorchester, Kent, Queen Anne's, Somerset, Talbot and Wicomico Counties)
   888.407.8018
- Frederick County 301.662.2255
- Harford County Crisis Team
   410.874.0711
- Howard County Crisis Team
   410.531.6677
- Montgomery County Crisis System 240.777.4000
- Prince George's County Crisis Response Team 301.429.2185
- St. Mary's County 301.863.6661
- Worcester County
   Call 911

Don't be ashamed of YOUR STORY. It WILL inspire others. Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other.

From the book "Approaching the Natural: a Health Manifesto" by Sid Garza-Hillman



#### References

- National Center for Health Statistics. Health, United States, 2019. Hyattsville, Maryland. 2021. DOI: https://dx.doi.org/10.15620/cdc:100685.external icon
- (2021, Aug 01). Retrieved from National Alliance on Mental Illness: <u>https://www.nami.org/Home</u>
- The State Of Mental Health In America. (2021). Retrieved from Mental Health America: https://mhanational.org/issues/state-mental-health-america

#### Thank You



#### Suicide Prevention Despina Thomas, MPH



I'd love to continue this conversation. Please email me at hdthom21@aacounty.org

**Behavioral Health Bureau** 

# Suicide Prevention



Despina Thomas, MPH

**Suicide Prevention Coordinator** 



# Content Warning



The content being addressed during today's presentation is sensitive in nature.

Please take any self-care or wellness break you may need.

This may include:

- Leaving the room at any point during the presentation
- Calling a crisis resource
  - 988 (Suicide and Crisis Lifeline)
  - 410-768-5522 (Anne Arundel County Warmline)
- Having a private discussion with the presenter after the presentation



## When talking about suicide

Words to use

died by suicide

suicide attempt

attempt survivor

suicide loss survivor

Words NOT to use

committed suicide

successful attempt

unsuccessful attempt

failed attempt

X



#### Suicide in Maryland (2021)

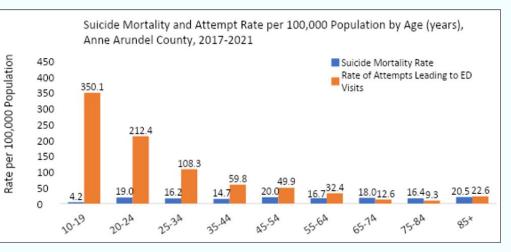
- Fourth lowest suicide rate in the U.S.
- 620 yearly suicide deaths An increase from 585 in 2020



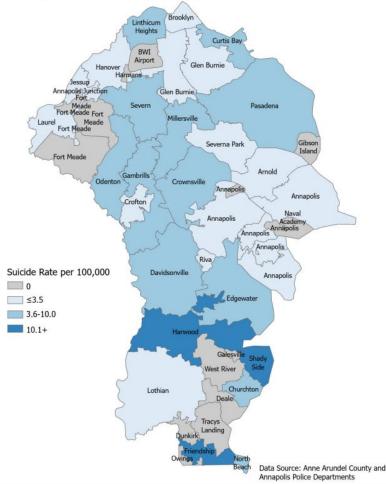
# Anne Arundel County by the Numbers

	2017	2018	2019	2020	2021
Number of Deaths	95	79	75	70	74
Suicide Attempts Leading to Emergency Department (ED) Visits	533	<mark>541</mark>	544	467	589
Suicide Attempts Leading to Inpatient Hospitalizations	368	364	290	178	151

Sex/Race Category	Suicides (%)	Rate per 100,000 population	
White Male	258 (66%)	30.0	
White Female	76 (19%)	8.7	
Black Male	28 (7%)	13.0	
Black Female	8 (2%)	3.5	
Hispanic Male	12 (3%)	12.1	
Other*	11 (3%)	4.1	
Total Suicide Deaths (2017-2021)	393	15.4	



Firearm Suicide Rate by Incident ZIP Code, Anne Arundel County, January 2016-April 2024





# Suicide and Gun Violence



Between 2017 and 2021, 61% of gun deaths were suicides



Most people show warning signs that indicate they may be thinking about suicide



Most people show warning signs that indicate they may be thinking about suicide Suicide does not only affect people with a mental illness and most people with a mental illness will not attempt suicide

Most people show warning signs that indicate they may be thinking about suicide Suicide does not only affect people with a mental illness and most people with a mental illness will not attempt suicide

Most people thinking about suicide don't want to die, they want to stop their pain

Most people show warning signs that indicate they may be thinking about suicide Suicide does not only affect people with a mental illness and most people with a mental illness will not attempt suicide

Most people thinking about suicide don't want to die, they want to stop their pain

There is no single cause for suicide

Talking about suicide will not make someone have suicidal thoughts or increase someone's risk of suicide

Most people show warning signs that indicate they may be thinking about suicide Suicide does not only affect people with a mental illness and most people with a mental illness will not attempt suicide

Most people thinking about suicide don't want to die, they want to stop their pain

There is no single cause for suicide Suicide prevention is possible and anyone can help prevent suicide

## Some Facts About Suicide



## Risk and Protective Factors

## Risk Factor A characteristic that increases the likelihood of a negative outcome

#### **Protective Factor**

A characteristic that reduces the likelihood of and protects against a negative outcome

## Individual-level

**Risk factors** 

- Health challenges
- Life changes
- Suicide attempt survivor
- Substance use
- Adverse childhood experiences

#### **Protective Factors**

• Effective coping and problem

solving skills

- Reasons for living
- Strong sense of identity





## Relationships

**Risk factors** 

- Loss of relationships
- Suicide loss survivor
- Social isolation

**Protective Factors** 

- Support from family and friends
- Feeling connected







## Community

**Risk factors** 

- · Lack of access to health care
- Suicide in the community
- Community violence
- Discrimination

**Protective Factors** 

- Access to behavioral health care
- · Feeling connected to community and





## Society

**Risk factors** 

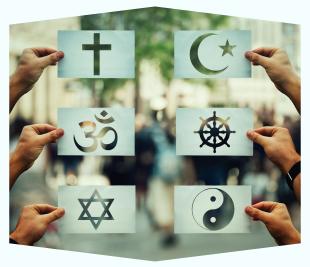
- Stigma seeking help
- Access to lethal means
- Unsafe media portrayal of suicide

**Protective Factors** 

suicide

- Reduced access to lethal means
- Cultural, religious or moral objections to









## Groups at a higher risk





• LGBTQIA+ Individuals

Veterans and Service Members



Individuals with Disabilities

• Individuals living in rural areas





# Suicide Warning Signs







## Suicide Warning Signs

Talking about:

- Killing one's self
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain







## Suicide Warning Signs

Behaviors that may signal risk include:

- · Increased use of alcohol or drugs
- Looking for a way to end their lives
- Withdrawing from activities or isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions





## Suicide Warning Signs

Showing one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Humiliation or shame
- · Irritability, agitation or anger
- Relief or sudden improvement
- Extreme mood swings







#### Action Steps for Helping Someone in Emotional Pain





## Crisis Resources - Available 24/7

Anne Arundel County Warmline <u>aamentalhealth.org/</u> <u>programs-services/crisis-services</u> Call 410-768-5522 988 Suicide and Crisis Lifeline <u>988lifeline.org</u> Call or text 988

These resources are available for people:

- in crisis
- having a mental health or substance use disorder emergency
- worried someone they know is in crisis or thinking of suicide
- looking for community mental health and substance use resources



## **Additional Community Resources**

Anne Arundel County Network of Care

annearundel.md.networkofcare.org/mh

National Alliance on Mental Illness (NAMI) - Anne Arundel County namiaac.org

Maryland Suicide Prevention Program health.maryland.gov/bha/suicideprevention

Mental Health Association of Maryland mhamd.org



## **Additional National Resources**

American Foundation for Suicide Prevention

afsp.org

Suicide Prevention Resource Center sprc.org

<u>Substance Abuse and Mental Health Services Administration (SAMHSA)</u> <u>samhsa.gov/mental-health/suicidal-behavior</u>

National Institute of Mental Health

nimh.nih.gov/health/topics/suicide-prevention



# Questions

Thank you for your participation in today's presentation and we value your feedback!

Despina Thomas Suicide Prevention Coordinator

Email: hdthom21@aacounty.org Office: 410-222-6371

Cell: 410-703-8270





When completing the survey, please select "Suicide Prevention Program Presentation".



## CHA Program's Mental Health Community Engagement



I'd love to continue this conversation. Please email me at HealthAmbassadorProject@aacounty.org

#### **Health Equity and Racial Justice Office**

#### **Community Health Ambassadors Program**

FY24 Goal: Authentic engagement with Anne Arundel County community members burdened by unfair and unjust conditions that impact health.

- Engage, educate, inform, and share resources on access to care, behavioral health, community safety, COVID-19, and weather preparedness.
- Hire, retain, and train culturally and linguistically diverse Community Health Ambassadors who are from and trusted in local neighborhoods.
- Support community capacity building through grant awards to 10 community partners.



#### Community Health Ambassadors Program Spotlight



#### Community Health Ambassador Outreach Authentic community engagement built on trust



#### Community Health Ambassadors Program Training Spotlight

**Mental Health First AID (MHFA)** is a national program that teaches how to recognize and help those experiencing a mental health problem or substance use disorder.

- During FY24, 12 Community Health Ambassadors, including those who speak Korean and Spanish, were certified as Maryland MHFA Instructors (December 2023 | 7 Partner Organizations).
- During FY24, 126 community members completed the 8-hr Mental Health First AID Training conducted by CHAs.





#### Stories and Insights from some of our Community Health Ambassador Program Partners

"We find that the Mental Health Awareness Sessions and the Narcan Training Sessions have become places for the Korean community to share areas of struggle and seek help. During a March session, after class, a 45 year old male approached a community health ambassador seeking support for substance misuse, our community health ambassadors took time with him even after the session to make him feel comfortable and safe to hear what his needs were and to listen to [how] he had tried to overcome his addiction on his own in the past. After listening to him and hearing his concerns, we provided him with resources to receive treatment. We continued to follow up with him as well and he now says he is undergoing treatment."

- My Life Foundation





"While conducting community [outreach] we encountered a resident that was disconnected from her medical assistance during COVID 19. She had a procedure prior to the discontinuance of coverage that left her with a pile of medical bills. We referred her to https://www.health/family-healthcare-and-insurance access, but we also followed up with [her] regularly [to check] on her status, assisting and encouraging her through the long and tedious process. We are excited to share that her medical bills had been paid, as of December 21st AND her insurance was reinstated until January 31st 2024. During this time, we also assisted her [with] food support and other organizations that provided donations for her household."

- Growth Matters





#### Stories and Insights from some of our Community Health Ambassador Program Partners

During our Narcan Training, we were informed by one of the residents that his wife who is a cancer patient suffered from accidental overdose multiple times. He was elated that we provided him with the tools and training to help his wife properly, if it should happen again. He said, "I'm so grateful for this training because other times I don't know what to do and now I know". Another senior stated that he had also suffered an accidental overdose before and wanted to help us "get the word out" that you don't have to be an addict for it to happen to you.

"During a mental health awareness session, one of the attendees...shared how one day her student had a breakdown and she gave her the safe space to express why she was having trouble during her presentation. She expressed how important it is to be self aware and how it's not a weakness to take care of your mental health but a strength that can prevent other chronic health issues, and [that's] why mental health awareness events and sessions are so important in African American communities."

- Kingdom Kare, Inc.





"We attended Resource Fair/Coat Drive at Stanton Center. *We engaged with over 15 people connecting them to various* resources and needs. We happened to engage one resident [an] older gentlemen who seemed distrust[ful], after further discuss[ion] with him we found out he had a doctor's appointment, [and] his ride could no longer take him...one of our community health ambassadors drove him to his doctor's appointment. The older gentleman was extremely grateful that we were able to give him a ride and wait for him because he did not know how he was going to get to his appointment and back home. We also made sure to connect him to transportation services and we stay in contact with him often."

- Community Action Agency





#### **CHA Program's Mental Health Activities and Stories**



Apostle Craig N. Coates, Ph.D, Founder & Director of Growth Matters LLC Apostle Coates is the Senior Pastor at Fresh Start Church, located in Glen Burnie, MD.

## Celebrate Annapolis Juneteenth 2024

Let Freedom Resound



## Juneteenth Weekend Festivities

- Juneteenth Gala 2024
- Honorees
  - Denise Hector
  - Bishop Charles Carroll
  - Cpl. Dannette Smikle
  - William Estep Pratt II
  - Pastors Noland and Terry Henson
  - Rita Dorsey
  - Brandon Reid
  - Ron-Shaye Clark
  - Paul Coates



## Juneteenth Weekend Festivities

- Juneteenth Parade 2024
  - St. John's College to Bates Sports Complex
  - Performers at Asbury Church frontage
  - Band Competition
  - Texas Emanicipation Float
  - Kickoff at 12 noon



### Juneteenth Weekend Festivities

- Juneteenth Festival 2024
  - Bates Complex
  - Free Entry
  - Vendors (185)
  - Performances on the Big Stage (Gospel, R&B, Hair Show)
  - Watoto Village (Children)
  - Fireworks
  - And more





2120 Towne Center Blvd Annapolis

~12).

0



#### Gun Violence Awareness Month Shavon Wilson-Thomas



I'd love to continue this conversation. Please email me at gun-violence-intervention@aacounty.org And visit <u>aahealth.org/gvit</u> for more information

Project Manager Gun Violence Intervention Team (GVIT)

## Gun Violence Intervention Team

#### Vision

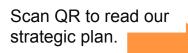
Envisions a community where all residents are safe from gun violence.

#### Mission

To prevent and reduce gun-related injuries and deaths in Anne Arundel County.

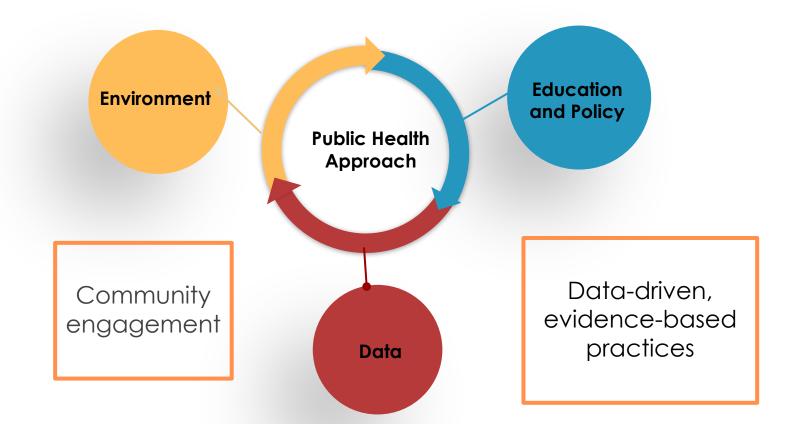
#### Goals of the GVIT

- Address gun violence as a public health issue through community engagement, data and evidence-based practices.
- Multi-agency effort focused on reducing death and harms from gun injuries.
- Utilizes a Policy-Systems-Environment (PSE) public health framework.
- Released the Strategic Plan on June 28, 2022





Gun Violence Intervention Team (GVIT) Approach



#### Gun Related Incidents Occurring in the County

#### 2024 Gun Suicides

**6** Suicides 2 less than 2022 YTD

#### 2024 Gun Homicides

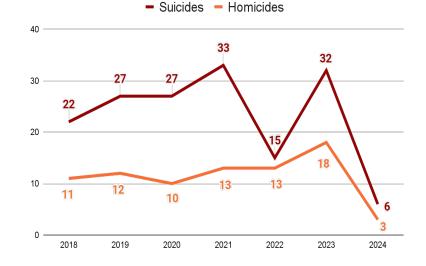
**3 Homicides** 7 less than 2022 YTD

#### Shootings

## 11 contact Shootings in

## 2024

#### **Gun Homicides and Suicides Occurring in** Anne Arundel County, 2018-2024



Data provided by the Anne Arundel County Police and Annapolis Police Department



Reported as of 5/16/24

## **Gun Violence Awareness Month**

The 10th National Gun Violence Awareness Day falls on June 7, the first Friday of the month. Wear Orange also launches this day. Wear Orange is a representation of gun violence victims, survivors and those working together to end gun violence.

Therefore we will kickoff this weekend with the following activities:

Quarterly Community Meeting June 6, 5:30-7pm Severn Intergenerational Center 1160 Reece Rd Severn, MD 21144

Youth Gun Violence Awareness Project! Spraying Affirmations June 7 Brooklyn Park Middle School Activities: Artwork Project; Slogan Contest





Anne Arundel County Department of Health

#### Health Equity Planning and Implementation Consultant

Eona Harrison, PhD



Office of Health Equity and Racial Justice (HERJ) Office of Assessment and Planning (OAP)



#### HEALTH EQUITY

Work incorporates an equity and structural lens to investigate pathways that lead to health disparities



#### DATA-DRIVEN

Strategic decisions based on data analysis and interpretation; visualizations to help communicate info more effectively.



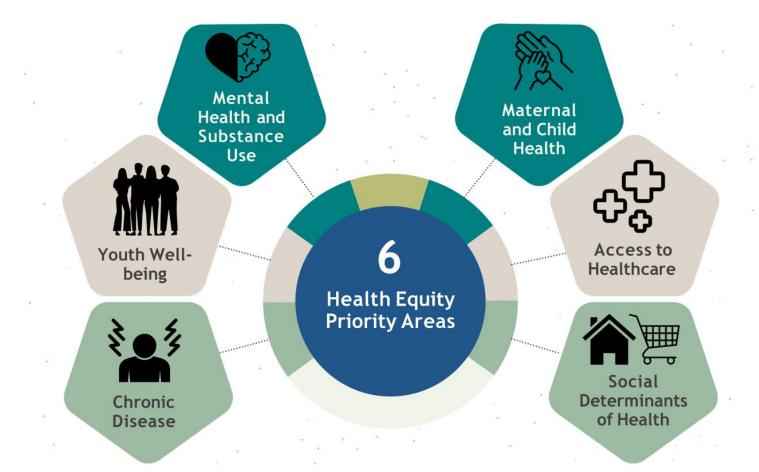
#### COMMUNITY ENGAGEMENT

Emphasis on the lived experience of community members; power-sharing and decision making



LET'S CONNECT! hdharr44@aacounty.org

## **Health Equity Action Plan**





Anne Arundel County Department of Health

## ANNAPOLIS PR<sup>+</sup>DE Saturday, June 1





https://annapolispride.org/



Anne Arundel County Department of Health

## **Call to Action**

- CHECK OUT Anne Arundel County's Civil Rights Legislation, <u>Bill 21-24</u>. Signed into law on 4/24/2024, Bill 21-24 expands anti-discrimination protections to include private and public employment and public accommodations, and grants the Human Relations Commission the ability to address complaints of discrimination in these new areas.
- SHARE your health equity forum feedback with HERJ Office staff via a brief survey at: <u>https://www.surveymonkey.com/r/HERJ</u> 2023



#### **Just Health Voices**

Achieving health for all Want to share your thoughts on health equity in a video too? Contact us at <u>healthequity@aacounty.org</u>!

**RAISE YOUR VOICE!** Make a Video for the Just Health Voices Series. Launched in August 2023, the Just Health Voices Video Series features health equity champions who share personal reflections about what it means to unlock opportunities for all who are born, live, work, play, lead, learn, heal, and worship in Anne Arundel County to achieve their best health. Want to share your thoughts on health equity in a video too? Contact us at healthequity@aacounty.org!



## Keep in Touch With the HERJ Office!

