THANK YOU TO OUR ANNUAL MEETING SPONSORS

HEALTHY ST. MARY'S PARTNERSHIP (HSMP) Annual Meeting

Lori Werrell, MPH, MCHES, Assistant Vice President, Care Transformation
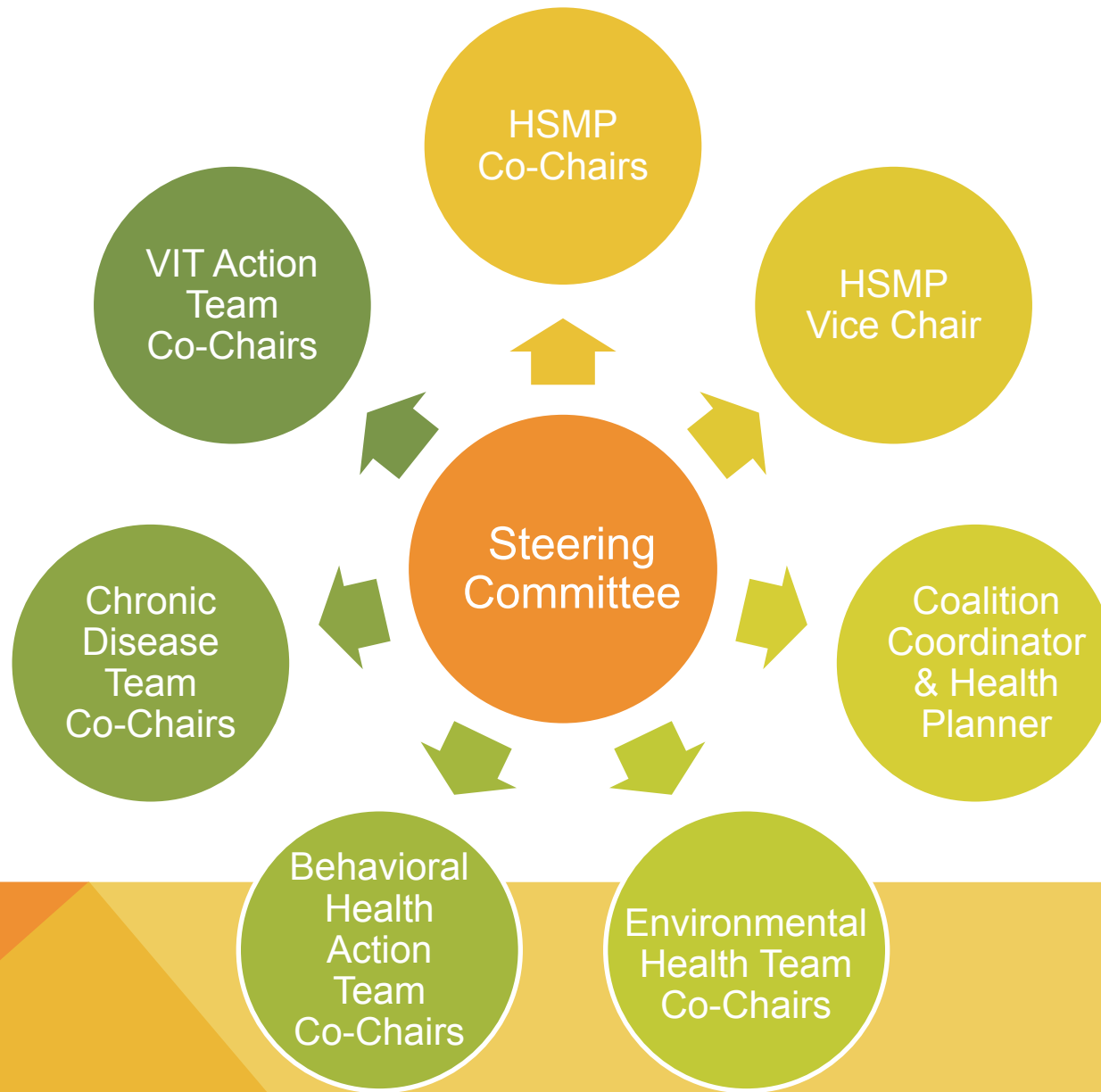Southern Region, HSMP Co-Chair

WHAT IS THE HEALTHY ST. MARY'S PARTNERSHIP?

- Coalition working toward local health improvement

- Community members and partner organizations

- Assess health needs

- Identify what's important

- Action & collaboration

- Evaluate efforts

ACTION TEAMS WORK TO ADDRESS PRIORITY HEALTH NEEDS

- Behavioral Health (Mental Health & Substance Use)
- Chronic Disease Prevention & Control
- Environmental Health (Natural & Built Environment)
- Violence, Injury, & Trauma

Steering Committee

HSMP Co-Chairs

HSMP Vice Chair

Coalition Coordinator & Health Planner

Environmental Health Team Co-Chairs

Behavioral Health Action Team Co-Chairs

Chronic Disease Team Co-Chairs

VIT Action Team Co-Chairs

So… what has HSMP been working on this past year?

ACTION TEAM PROJECTS/PRIORITIES

Behavioral Health Action Team (BHAT)

- Reduce Emergency Department visits

- Reduce No Shows for Appointments

- Improve Behavioral Health Equity

<u>Co-Chairs</u>
Chris Shea
Jess Jolly

Chronic Disease Action Team

- **Walking Groups**
  - 3rd Wednesday of each month
    - 11 participants at the September group!
  - Lexington Manor Passive Park
  - In partnership with Peaktop Wellness and WARCycle

Co-Chairs
Brian Abell
Andrea Hamilton

ACTION TEAM PROJECTS/PRIORITIES

Chronic Disease Action Team

- **Reducing overweight and obesity rates**
  - Coordinating cooking demonstrations
    - Over 40 enrollees in demonstration with Recreation & Parks camp
  - Healthy Summer Recipes
  - Funding

Chronic Disease Action Team

- **More to Explore Program**
  - Annual passport challenge that encourages community members to explore local parks and farmers markets
  - Enter the secret code found at each site for a chance to win prizes
  - Over 800 participants this year!
    - Over 1,000 site visits logged!

ACTION TEAM PROJECTS/PRIORITIES

Environmental Health Action Team

- **Walkable neighborhoods**
  - HSMP Walking Maps & Resources webpage
- **Bike Share**
- **Food Security**
  - Digital Food Pantry Platform
  - SoMD Fridge initiative

<u>Co-Chairs</u>
Sue Veith
Ashlyn Dishman

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ACTION TEAM PROJECTS/PRIORITIES

Environmental Health Action Team

- Walk With a Doc

ACTION TEAM PROJECTS/PRIORITIES

Violence, Injury, and Trauma (VIT) Action Team

- **Adverse Childhood Experiences**
  - ▪ Discussion Panel Series
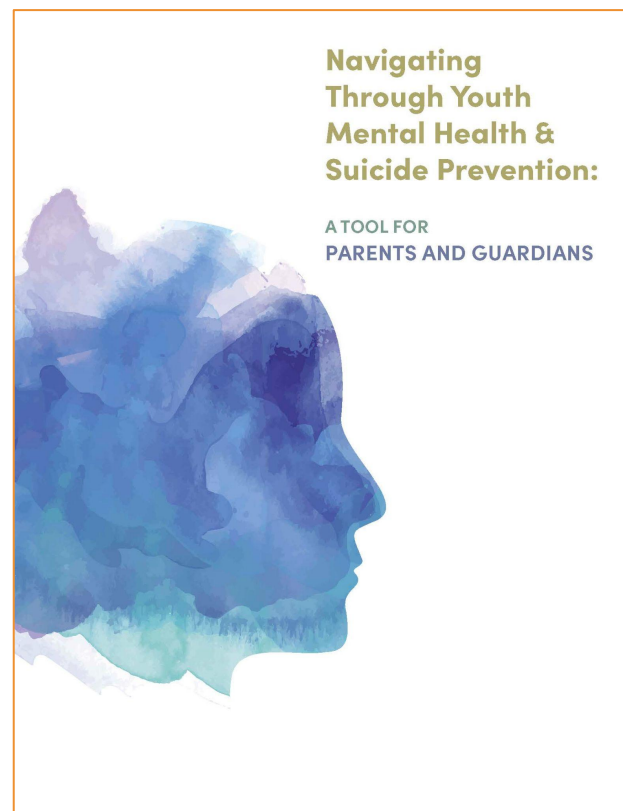- **Violent Crimes**

<u>Co-Chairs</u>
Kelsey Bush
Taylor Spencer Davis

Violence, Injury, and Trauma (VIT) Action Team

- Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians

Navigating Through Youth Mental Health & Suicide Prevention:

A TOOL FOR PARENTS AND GUARDIANS

ACTION TEAM PROJECTS/PRIORITIES

Violence, Injury, and Trauma (VIT) Action Team

- 2nd Annual Why Don't They Just Leave event

The Second Annual
"Why don't they **JUST LEAVE?**"

An honest conversation with survivors and service providers about the challenges of leaving an unhealthy relationship

Leonardtown Library
Meeting Rooms 1 and 2
October 25th, 2023
5:00 PM

Presented by the St. Mary's County Violence, Injury, and Trauma Team, the St. Mary's County Commission for Women, and the Southern Maryland Center for Family Advocacy

For more information, please reach out to Taylor Spencer Davis at taylordsmcfa@gmail.com.

COMMUNITY GARDEN

HOW CAN I HELP?

- **Stay Connected**
  - E-Newsletter
  - healthystmarys.com
  - Social Media
- **Participate**
  - Team Meetings
  - Advocacy work
  - Recruitment and development
  - MedStar Health Community Health Needs Assessment
- **Implement**
  - Align organizational work with Healthy St. Mary's 2026
  - Collaborate on strategies for health improvement

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WHAT TO LOOK OUT FOR

- **HSMP Co-Chair & Vice-Chair Elections**
  - Nominations coming in October
- **Healthy St. Mary's 2026 Data Update**
  - Coming in December/January

GENERAL INFORMATION

- Schedule
- Membership & Action Team Information
- Healthy Food Drive
- Evaluation Forms
- Bathrooms
- Physical Activity Session at 4:00 p.m.

Stroke Smart St. Mary's County

Maryland was proclaimed a **Stroke Smart** State in May 2022

St. Mary's County was proclaimed **Stroke Smart** May 23,2023!

Spot a Stroke,
Stop a Stroke,
Save a Life!

Here is what you can do to be "Stroke Smart"

1. Learn what a stroke is **- interrupted blood supply to the brain**
2. Learn how to "Spot A Stroke"**-BEFAST**
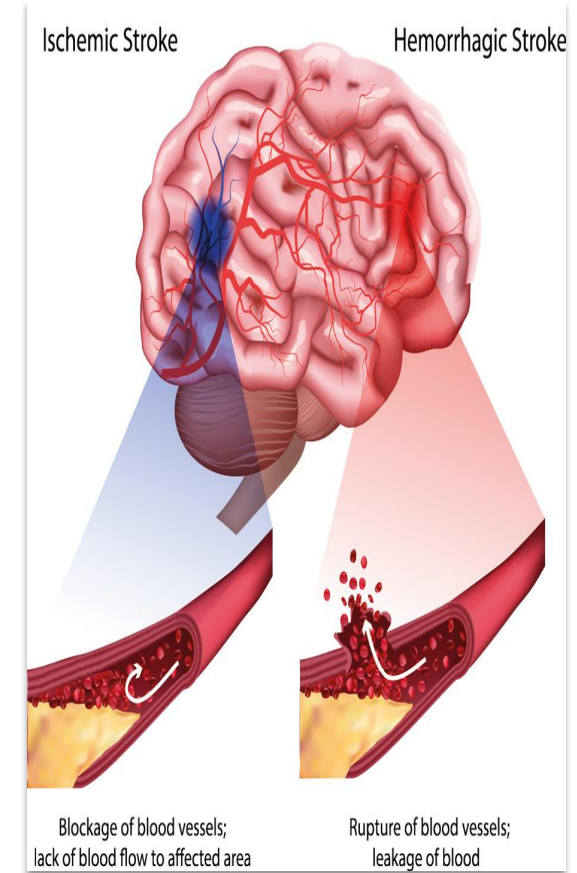3. Learn that stroke is a medical emergency**-call 911 right away!**

Step 1: Learn what a stroke is - interrupted blood supply to the brain

What is a Stroke (two types)?

Type 1: Ischemic stroke = lack of blood supply due to a blockage

Type 2: Hemorrhagic stroke = lack of blood supply due to a bleed

Ischemic Stroke

Hemorrhagic Stroke

Blockage of blood vessels;
lack of blood flow to affected area

Rupture of blood vessels;
leakage of blood

Ischemic strokes (~90% of all strokes) can be effectively treated with clot busters (thrombolytics) or surgery (endovascular treatment).

A stroke can cause lasting brain damage, long-term disability, or even death. Timely treatment can help reduce this risk!

Step 2: Learn how to "Spot A Stroke"**-BEFAST**

Step 3: Learn that stroke is a medical emergency-**call 911 right away!**

While effective stroke treatments are available, they must be administered within a strict time frame. About **10%** of patients with stroke symptoms arrive to the hospital **in time** to receive acute treatment. About **75%** of patients with stroke symptoms **miss** the treatment window because they arrive to the hospital too late.

MedStar Health

If you or someone you are in contact with is experiencing **BEFAST symptoms – call 911 right away!**

MedStar St. Mary's Hospital (MSMH) is committed to partnering with St. Mary's County to ensure residents are *Stroke Smart* !

Here is what you can do to support the *Stroke Smart* Initiative and empower our community members:

Option 1:

Share this one-minute video **Maryland is a *Stroke Smart* State** with your friends, family, associates, co-workers, community groups, etc. and also share, with the MSMH Population and Community Health Team, the number of community members you have forwarded this information to.

Option 2:

Contact MSMH Population and Community Health **@301-475-6019** for more comprehensive *Stroke Smart* Education including the following:

✔ MSMH is happy to attend meetings, events, wellness initiatives, etc. to provide *Stroke Smart* Education to the community.

✔ MSMH also offers in person or virtual *Stroke Smart* Champion Training – Become a *Stroke Smart* Champion and be empowered to share *Stroke Smart* education with your County Agency, Private Organization, Employees, Children, Associates, Employees, Residents, Parishioners, etc.

MedStar Health

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