

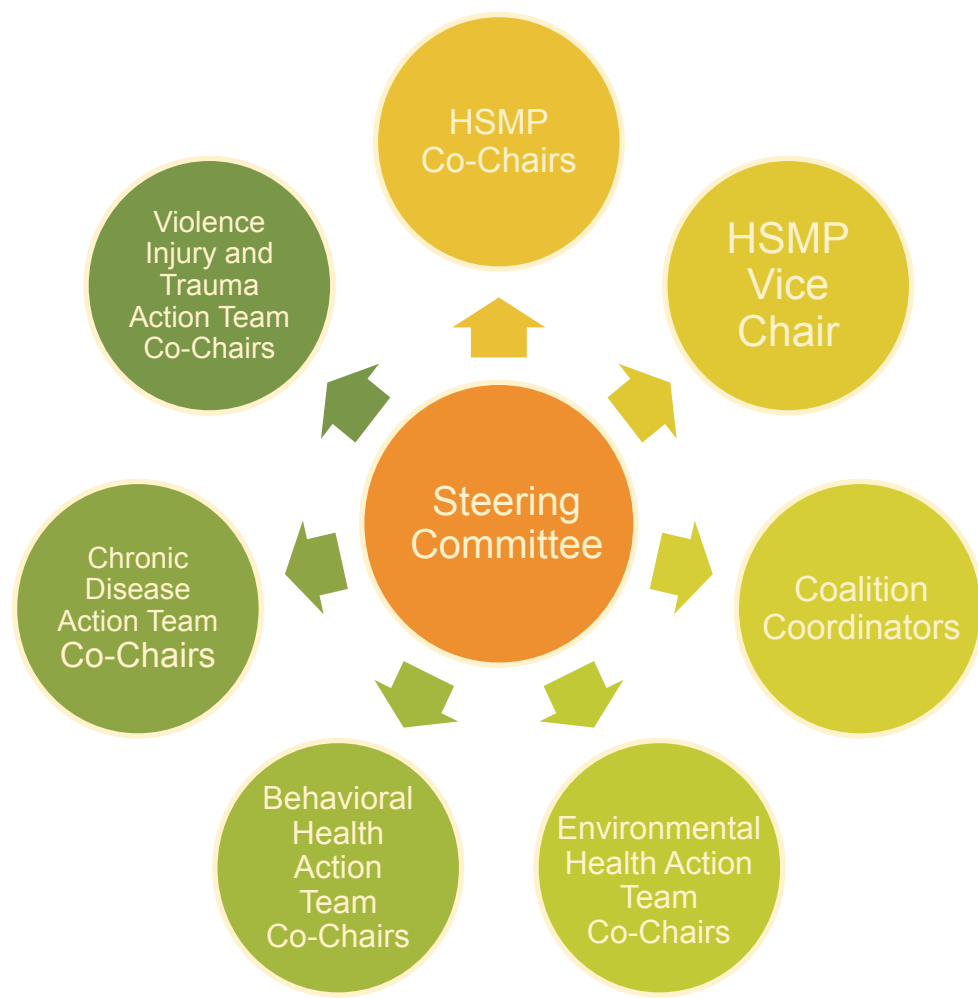


Healthy St. Mary's Partnership (HSMP) Annual Meeting

September 24, 2026

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



Community Health Assessment (CHA)

- Formal process to find priority areas in our county
- Combination of primary and secondary data
- Last phase in 2020 found 4 priority areas
 - Behavioral Health
 - Chronic Disease
 - Environmental Health
 - Violence, Injury, and Trauma
- We wrapped up our 2026 CHA on June 30!
 - 668 survey responses!
 - 29 focus group participants!
 - 6 Stakeholder interviews!
 - 30 Community Partner surveys!

Promoting the CHA

- Thank you to all partner organizations who promoted the CHA through the digital survey or paper copies



Community Health Survey

Open to all who live, work, or play in St. Mary's County, Maryland

Let us know what health topics are important to you in this 5-10 minute survey

Complete to be entered into a random drawing for ALDI gift cards and wellness items



Survey Closes June 30, 2026

Learn more at healthystmarys.com/cha2026



Encuesta de salud comunitaria

Abierto a todos los que viven, trabajan o disfrutan de su tiempo libre en el condado de St. Mary, Maryland.

Haznos saber qué temas de salud son importantes para ti en esta encuesta de 5 a 10 minutos.

Completa la encuesta para participar en un sorteo de tarjetas de regalo de ALDI y artículos de bienestar.



La encuesta se cierra el 30 de junio de 2026

Para más información, visita a healthystmarys.com/cha2026



New Action Teams!

- **Healthy Eating, Active Living (HEAL)**
 - Topics include
 - Overweight, obesity, and diabetes
 - Cancer prevention & screening
 - Nicotine
 - Physical activity
 - Cardiovascular disease
 - Healthy aging
- **Access to Care Action Team (ACAT)**
 - Topics include:
 - Health literacy
 - Technology (telehealth, patient portals, literacy)
 - Dental care
 - Insurance
 - Transportation
 - Provider availability
 - Infectious disease education

New Action Teams!

- **Social Transformation Action Team (STAT)**
 - Topics Include
 - Housing access and homelessness
 - Economics (job & education access)
 - Period equity
 - Food insecurity
- **Crisis Response And Behavioral Health (CRABH, pronounced Crab)**
 - Topics include
 - Safety (crime & domestic violence)
 - Crisis services
 - Community supports (youth mentoring & social isolation)
 - Substance Use Disorder (SUD)
 - Behavioral health services

Community Health Needs Assessment

- MedStarHealth.org/CommunitySurvey
- Closes October 30!



MedStar Health **Community Survey.**

We want your feedback.



**We value your opinion.
Let your voice be heard.**

- Provide guidance to improve your community
- Identify community health needs
- Assist with your hospital's improvement programs



Take the survey now!

Scan here with your QR reader, or visit the website below.

MedStarHealth.org/CommunitySurvey

Hurry, the survey will close on October 30, 2026.

It's how we **treat people.**



HSMP Updates



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

Priority Areas: Behavioral Health

- Submitted 2 letters of support in the Maryland General Assembly
- 2025 Halloween in the Square
 - Created a scavenger hunt for the event
 - Over 300 people participated!
- Hosted training on supporting parents with complex trauma
- Provided variety of behavioral health resources at food distribution events

Supporting Parents with Their Own Unresolved Complex Trauma

Providers- learn how to support parents at this FREE training!

May 18, 2026
10:30 AM - 12 PM

Join the training at
tinyurl.com/HSMP-Complex



Co-Chairs:
Jodi Gardiner & Chris Shea

Priority Areas: Chronic Disease

- More to Explore
 - Over 800 participants!
- Virtual and in-person healthy cooking education
- Crockpot Cooking demos
- Healthy Recipes
- Tabled at Walk Maryl
- Day and at S
- Walk Maryl



HSMP Community Cookbook

Healthy recipes
submitted by
residents of St.
Mary's County in
2026!

Compiled and
sponsored by
The Healthy St.
Mary's Partnership

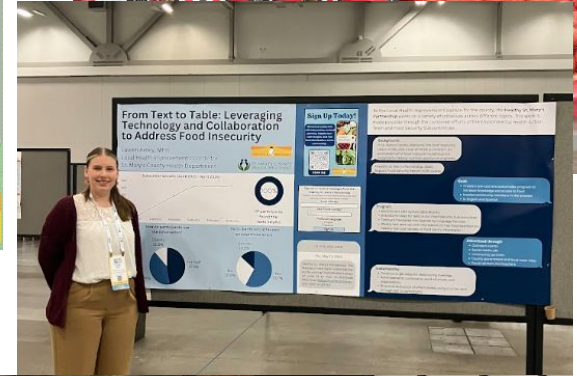
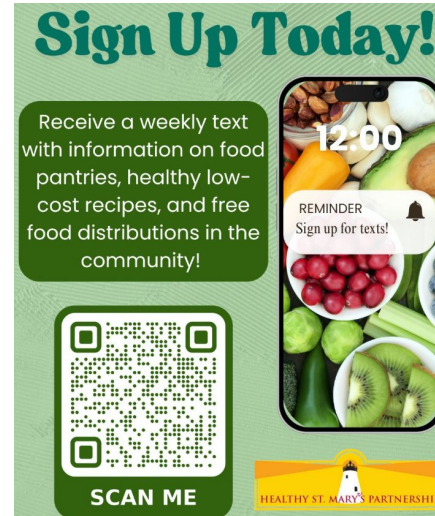


Co-Chairs:
Sareka Butler & Temeria Wilcox



Priority Areas: Environmental Health

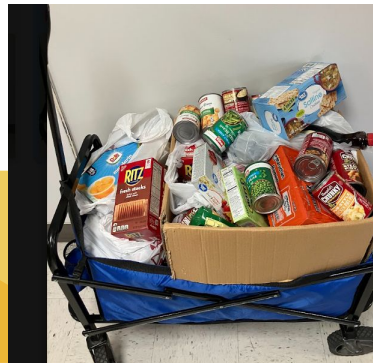
- Submitted 3 letters of support for the Maryland General Assembly.
- Submitted 1 letter of support on behalf of the Sierra Club
- Food Security Text System
 - Over 480 subscribers receive weekly texts!
 - Presented on the text system at a national public health conference
- Continued the Period Equity Workgroup, focusing on advocacy and education
- Distributed period products from MedStar St. Mary's Hospital drive
- Sponsored a food distribution through HOPE SMC in June



Co-Chairs:
Christine Delise & Tytiana Sndyer

Priority Areas: Environmental Health

- Tabled at the Harvest Festival last October
 - Attend this year's Harvest Festival on October 25!
- Member of the LMPP Community Garden Steering Committee and Education Committee
- Earth Day events
 - LMPP Community Garden
 - Commission on the Environment
- Sponsored food education classes through the Library and Community Garden
- Healthy food drive toolkit + Thanksgiving food drive
- Assisted at Farmer's Feeding St. Mary's



Priority Areas: Violence, Injury, and Trauma

- Domestic Violence prevention
 - This years “Why Don’t They Just Leave?” Panel & Discussion will be on October 19 at 5 PM!
 - 70 attendees at last years!
 - Art Contest “What does a healthy relationship look like?” close September 30
 - 10 submissions last year!
- Teen Dating Violence Awareness Month promotion
- Letter of Support for Teen Dating Violence education in the schools



Co-Chairs:
Taylor Spencer Davis & Tori Poss



How Can I Help?

- Stay Connected
 - E-Newsletter
 - healthystmarys.com
 - Social Media
- Participate
 - Team Meetings
 - Advocacy work
 - Recruitment and development
 - Distribute our CHA surveys
- Implement
 - Collaborate on strategies for health improvement

Stretch Break

2026 HSMP Annual Meeting Agenda



8:30 - 9:00
AM

Registration & Networking

9:00 - 9:30
AM

Welcome & HSMP Updates

Kelsey Bush

9:30 - 10:15
AM

Keynote Session - Building the Health Workforce Pipeline

Dr. Meena Brewster, Dr. J Scott Smith, Dr. Bill Roberts, and Dr. Leah Millstein

10:15 -
10:30 AM

Break

Check out all the vendors!

10:30 -
11:15 AM

**Connected Care Everywhere: St.
Mary's County's Rural Health
Transformation Strategy**

Dr. Meena Brewster

**Advancing Community Health
Together: Understanding
Trauma Through a Multilayered
Lens**

Dr. Lisa Connors

11:15 -
11:30 AM

Break

Check out all the vendors!

11:30 AM -
12:15 PM

**The Future of Play: Design
Tomorrow Today!**

Jessica Hale

**Beyond the Office Visit: Using
Remote Patient Monitoring to
Improve Chronic Disease
Outcomes**

Temeria Wilcox, NP

12:15 -
1:00 PM

Lunch Break

1:00 - 1:45
PM

**Afternoon Plenary - Healthy St. Mary's 2032: Imagining the
Next Generation of Action Teams**

Lauren Arney & Andrea Hamilton

1:45 - 2 PM

Closing Remarks - Remember to Complete Evaluations!