



ST. MARY'S COUNTY
HEALTH DEPARTMENT

St. Mary's 360: Connected Care Everywhere

Transforming Rural Health in St. Mary's County

HSMP Annual Meeting - September 24, 2026
Meenakshi Brewster, St. Mary's County Health Officer

St. Mary's 360: Connected Care Everywhere

Five Pillars. A Stronger, Healthier St. Mary's County.

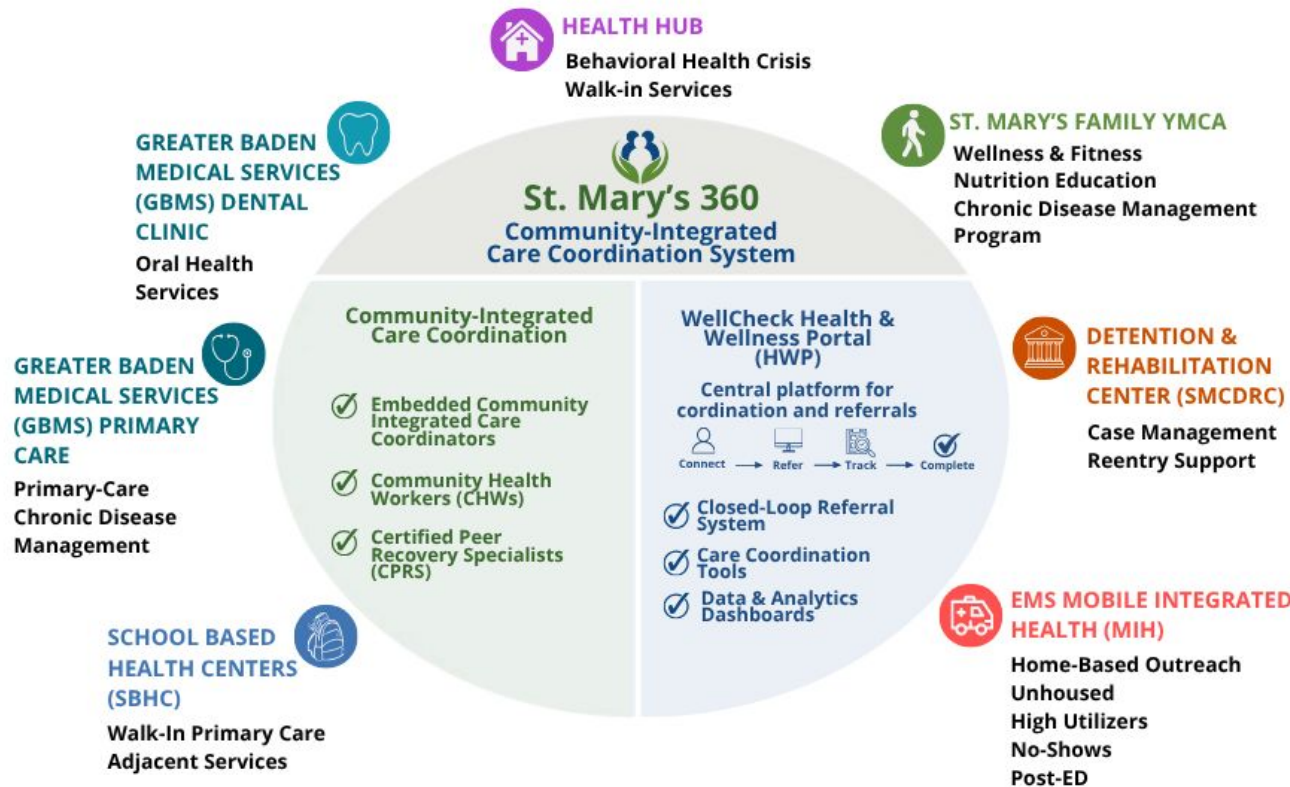




Connect Residents to Care and Support

- Community-Integrated Care Coordination
- Enhance SMC Health & Wellness Portal
- Digital health equipment
- Digital health literacy
- Reentry support and linkages to care

Community-Integrated Care Coordination



INTENDED OUTCOMES

BETTER ACCESS
More residents connected to the right care, right time, and right place

BETTER HEALTH
Improved chronic disease management and behavioral health outcomes

FEWER AVOIDABLE UTILIZATION
Reduced ED visits, EMS transports, and hospital readmissions

STRONGER COMMUNITY WELLBEING
Addressing social needs and building healthier communities

LOWER COSTS
More efficient use of resources and improved value of care

Tech Beyond the Clinic

SMC Health & Wellness Portal



Centralized Community Resource Directory

Find trusted local health and wellness services, including community resources - all in one place.



Online Scheduling

Easily schedule appointments and services at participating locations.



Care Coordination and Case Management

A secure platform to support referrals, care coordination, and communication among care teams.



Closed-Loop Referrals

Track your referral from start to finish so no one falls through the cracks.



Real-Time Data and Insights

Helps our partners identify community needs and improve services.



Accessible and Secure

Use from any device, anytime. Built with privacy and security in mind.

DIGITAL HEALTH ENABLEMENT



PATIENT TABLETS

Preloaded with HWP and digital care management tools



WEARABLE DEVICES

Track activity, heart rate, sleep, stress



REMOTE MONITORING TOOLS

BP cuffs, glucometers, and more for chronic disease management



DATA SHARING

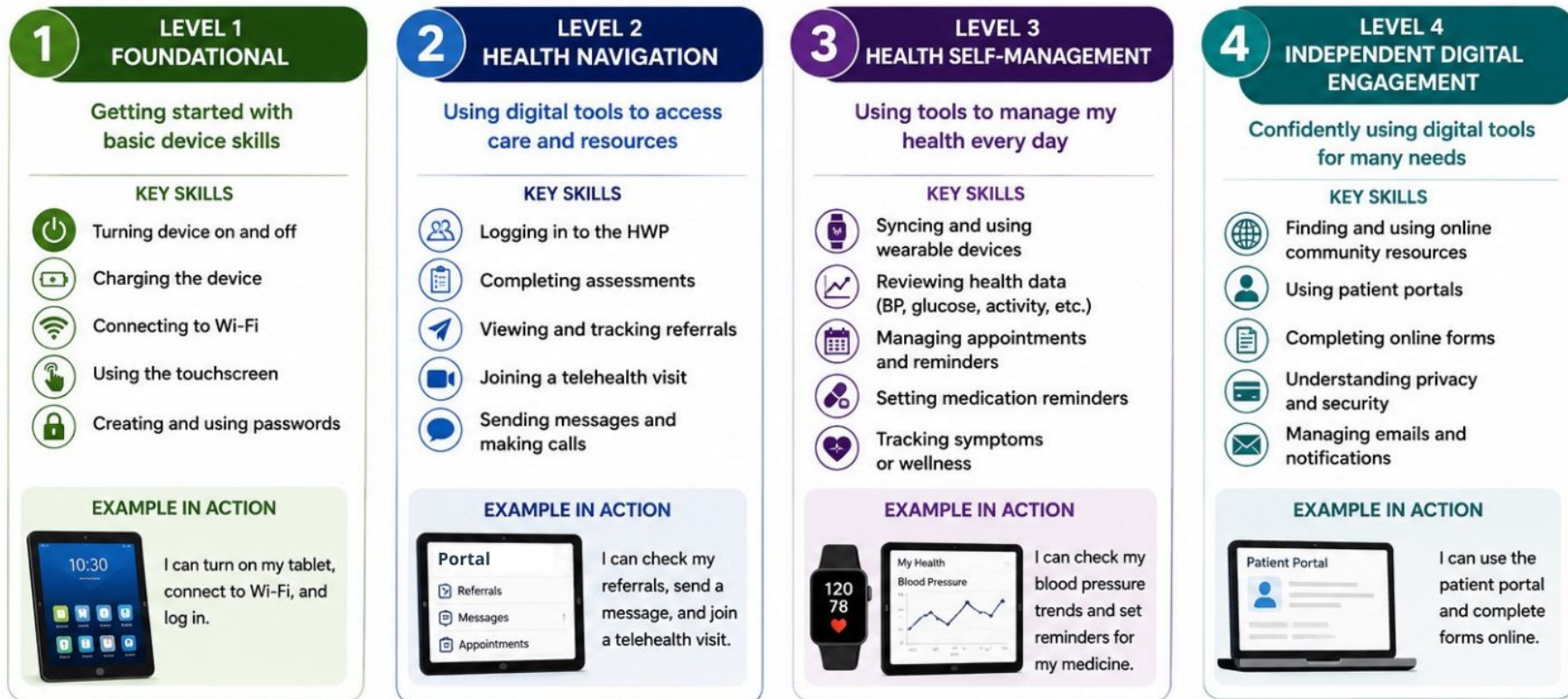
Sharing data across silos to inform care



DIGITAL LITERACY SUPPORT

Training and ongoing technical assistance

Tech Only Helps When People Can Use It



Start Here.
We begin with the basics.



Build Skills.
I can access care and resources.



Manage My Health.
I use tools to stay healthy every day.



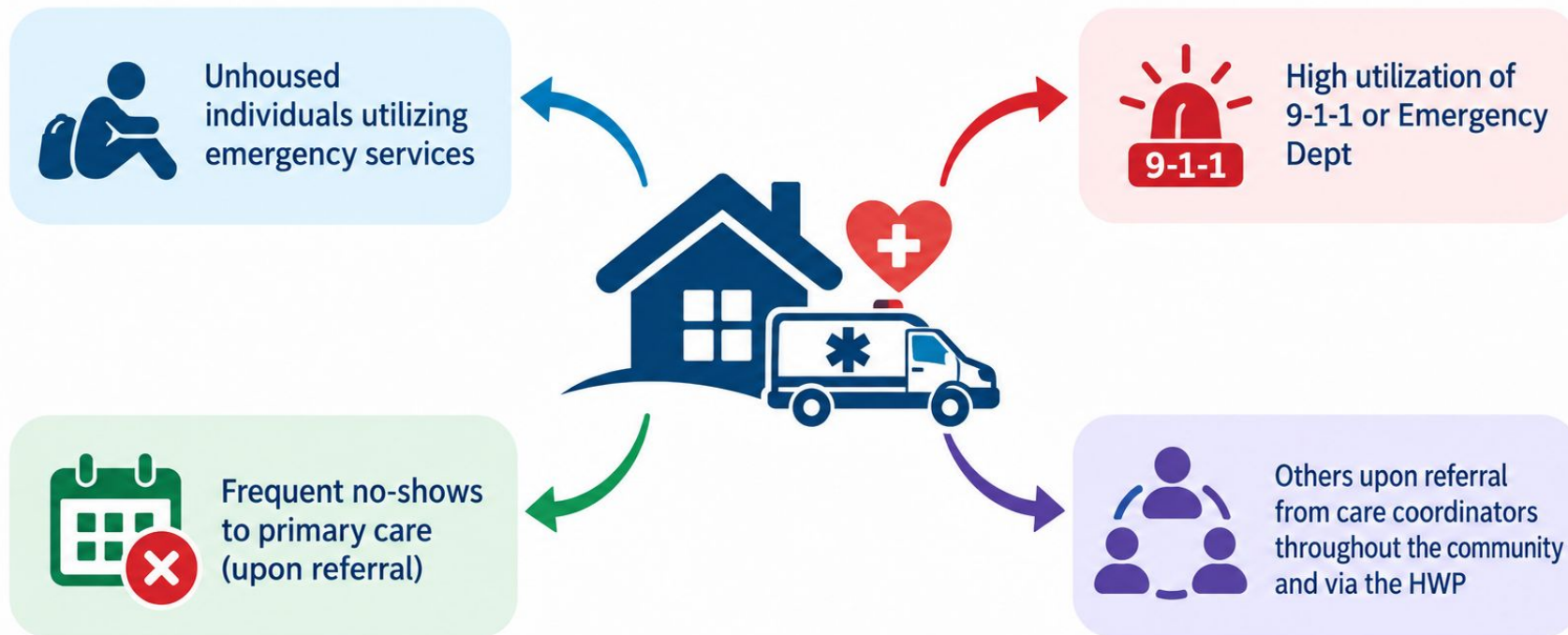
Confident & Independent.
I can navigate digital tools on my own.



Bring Access Closer to Where People Are

- Mobile health care initiatives
- Mobile Integrated Health unit
- Expand School-Based Health Centers
- Pediatric community screening (vision, hearing, oral health)

Mobile Integrated Health





Expand Primary Care, Behavioral Health, and Oral Health Access

- Primary care expansion
- Dental expansion
- SBHC evening/wkend hours
- Third (new) SBHC
- Increased pediatric behavioral health services

Federally Qualified Health Center (FQHC)

GBMS Lexington Park Primary Care Clinic

- Add a Family Physician
- Nurse
- Medical Assistant

GBMS Lexington Park Dental Clinic

- Add a Dentist

School-Based Health Centers (SBHCs)

Adding a Third Location

- Leonardtown Middle School
- Leonardtown High School
- Tech Center

Expanding SBHC behavioral health counseling for children/youth

Expanding SBHC hours into evenings and weekends



Strengthen Prevention, Nutrition, and Wellness

- Nutrition initiatives and food resources
- YMCA wellness and chronic disease programs
- Health education and lifestyle supports



Build the Workforce and Local Capacity

- Southern Maryland AHEC
- Internships, student experiences, and career exposure
- Partner training and shared learning

SoMD Area Health Education Center (AHEC)



EXPOSE

Introduce students to
health and wellness careers



TRAIN

Create internships, rotations,
experiential learning, and
professional development



CONNECT & RETAIN

Build pathways between learners,
local employers, mentors, and
career opportunities

BOARD OF EDUCATION St. Mary's County



What Success Will Look Like for SMC

