

Frederick County Suicide Prevention Coalition Meeting

Friday, October 17, 2025 – 11:00am to 12:30pm via Microsoft

Teams Minutes

The mission of the Frederick County Suicide Prevention Coalition is to make Frederick County free of suicide through community collaboration rooted in suicide prevention best practices for safe and responsible gun storage, eliminating stigma surrounding suicide, and support for anyone thinking of or impacted by suicide.

[Suicide Prevention Coalition website](#)

Attendance

Amanda Adams, Hub Coordinator, BHS, FCHD

Jay Hessler, Assistant Director, BHS, FCHD

Latisha Carr, Call Center Program Manager, Mental Health Association

Jessica Ellis, Harm Reduction/Diversion Manager, Behavioral Health Services, FCHD

Amy Coldren, Military and Veterans Service Coordinator, Frederick Community College

Chris Alley, Goodwill Monocacy Valley, Veteran

Lindsay Barnhart, Diversion Manager, State's Attorney's Office

Tamara Warfield, Hospital Social Worker

Estelle Dupree, BHS, FCHD

Debra Morlier, Professor of Psychology, FCC

Rev. Dr. Sakima Romero-Chandler, Community member

Elizabeth Plapp, Hub Administrative Specialist, BHS, FCHD

Jason Barth, Executive Director, The Ranch

Effie Tucker, Integrated Primary Prevention Specialist, Army National Guard

Dr. Rachel Mandel, Community Advocate, TRF, Veteran

Ticcoramarie Kulikowski, ERPO Coordinator, FCHD

Jennifer Kelly, Community Partnership Coordinator, Suicide Prevention Team, Martinsburg VA

Bless Whitaker, Mental Health Association

Hillary Gross, Epidemiologist, BHS, FCHD

Alexandra Glover, Mental Health Association

Shannon Heath Parkin, Peer Recovery Specialist, On Our Own Frederick, Suicide Attempt Survivor

Kalliee Van Weveren, Executive Director, Thorpewood

Summer McClellan, Program Manager, Coalition for a Healthier Frederick

Michelle, Heartly House

Agenda

1. Introductions (Name, Agency, How your role intersects death by suicide)
2. Review / Approval of Minutes
3. Announcements
 - Suicide Prevention Conference
 - ERPO update
 - Hub update
 - Family Justice Center
 - Mobile Crisis update
4. Breakouts by Subcommittee
 - a. Responsible Gun Ownership
 - b. Education/Outreach
 - c. Postvention/Support Services following completed/attempted suicide
 - d. Veterans
5. Subcommittee Report Out
6. Announcements from BHA Office of Suicide Prevention
7. Adjourn

1. Introductions

- a. Amanda Adams convened the meeting. Introductions occurred.

2. Review/Approval of Minutes

- a. Minutes were reviewed and no corrections were noted.

3. Announcements

- a. Amanda Adams spoke about the 37th Annual Suicide Prevention Conference that was recently attended. Slides will be distributed as they become available.
- b. ERPO update- Ticorra reports that there have been 7 ERPO trainings with 174 participants, all but 1 in Frederick County, the other in Washington County. There will be two upcoming clinician trainings.
- c. Hub update- Amanda spoke on the Hub. Blueprint for MD future. The LBHA has acted as the hub, going from 10 spokes in fiscal year 2025 to 13 spokes in fy 2026. Working on Needs Assessment and Asset map. Looking to fill the gaps, listening to student and family feedback. Virtual Convening on 10/21/25.
- d. Family Justice Center-
- e. Mobile Crisis Update- Jay spoke on the LBHA and multiple RFPs. Respondents are working to select new vendors, an announcement will be coming soon.

4. Breakouts by Subcommittee

5. Subcommittee Report Out

- a. Responsible gun ownership- Dr. Mandel spoke on progress of gun locks and availability as well as seeking data on PSAs. Jay discussed Nate Smith, academic detailer, contacting doctors and now doctors are providing safe locks to patients as needed.
- b. Education/Outreach-Jay discussed concerns over how The Frederick Scanner is publicly listing home locations of individuals who have committed suicide and the implications of such.
- c. Postvention/Support Services following completed/attempted suicide- Reviewed plan and FCPS school policy.
- d. Veterans-Discussed mapping and resources, Chris Alley discussed multiple events through the Veterans Advisory Committee, including an open House on Nov 19th and trick-or-treating, etc, more info and flyers to follow.

6. Announcements from BHA Office of Suicide Prevention

See linktree below

<https://linktr.ee/mdhsuicideprevention>

Next meeting – 11/21/25, 11am-12:30pm

7. Adjourn

MENTAL HEALTH FIRST AID

Military, Veterans & Families

Mental Health First Aid provides evidence-based training for military members, veterans, and their families to support mental health conversations. Participants receive a **three-year valid certificate** upon completion.



LEARN HOW TO



RECOGNIZE AND ADDRESS
MENTAL HEALTH AND
SUBSTANCE USE ISSUES



CONNECT A PERSON WITH
HELP



OFFER IMMEDIATE
SUPPORT FOR THOSE IN
CRISIS



ACCESS RESOURCES FOR
SERVICE MEMBERS, FAMILIES,
AND SUPPORTERS.



9:00am - 4:00pm
26 SEPTEMBER, 2025



Platoon Veteran Service Center
1750 MONOCACY BLVD. FREDERICK, MD



Contact
JMARSHALL@EVERYMIND.ORG



**Register
Here**
bit.ly/SeptMHFA



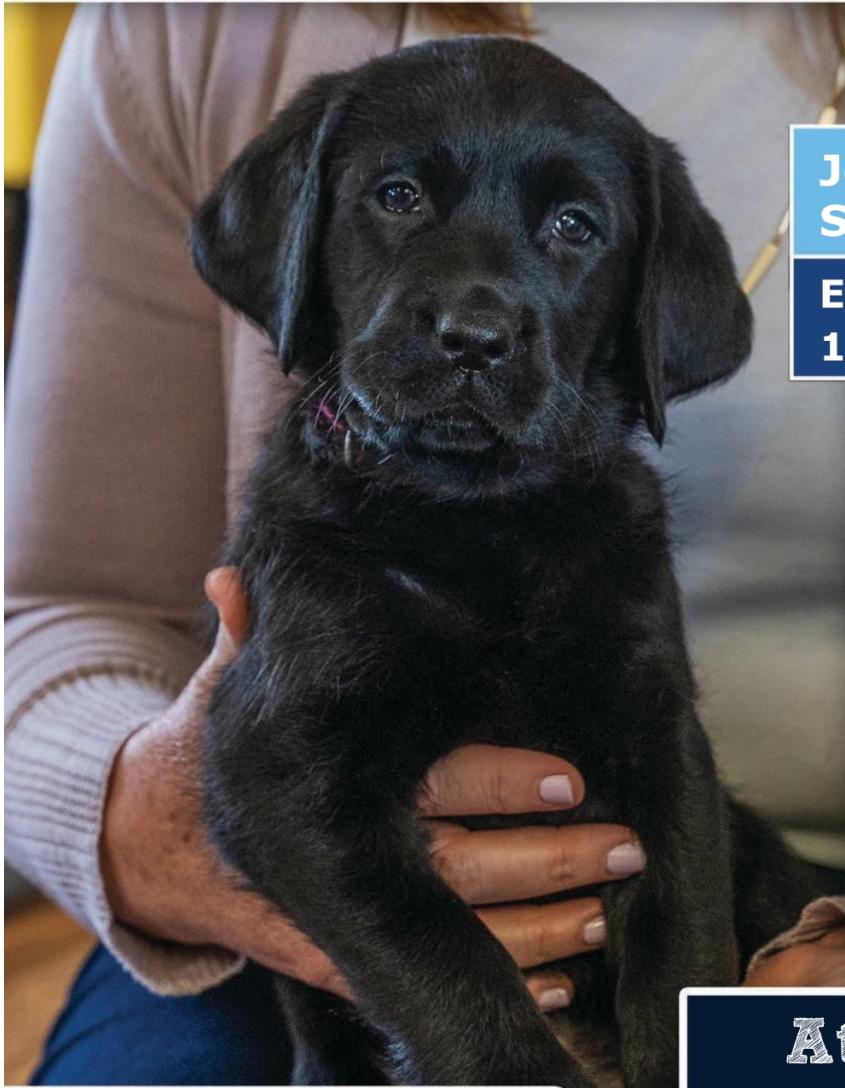
Mental Health FIRST AID®
from NATIONAL COUNCIL FOR MENTAL WELLBEING®



GOODWILL
Monocacy Valley



Service Dog Training Workshop



Join WCC &
SSVC

Every 3rd Tuesday:
1030-1230

- **Who? Veterans, Active Duty, and Military Family Members**
- **What? Training session and puppy petting with service dogs in training at WCC's HQ**
- **Why? Help train the dogs to be successful service dogs for Veterans**

At WCC's HQ
14934 Schaeffer Rd
Boyds, MD 20841

Email to RSVP:
Wayne.Stinchomb@va.gov



VET
CENTER



American
Red Cross

Be Someone's Hero Give Blood



Blood Drive The Veteran Services Center at Goodwill

Activity Center

1750 Monocacy Boulevard
Frederick, MD 21701

Thursday, October 2, 2025
11:00 a.m. to 4:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: VSCG to schedule an appointment.

Maximize your blood donation. Help more patients.

If you are an eligible type O, B - or A - donor,
consider making a Power Red donation.

Red blood cells are the most commonly transfused blood component.



Scan to be directed to
RapidPass.

**Come to give blood Sept. 22-Oct. 19 for a \$10
Amazon.com Gift Card by email! See rcblood.org/fall**



Scan to schedule
an appointment.

[239] - Order ID: 11769237 - Item ID: 937194077 - Qty: 1 of 1 - 4096861 - 2025-APL-0506 - APL05 - 2023105

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

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NEW EVENT

COFFEE WITH COMRADES



Starting September 15, join us for a weekly breakfast gathering to come together and share good food, peer support, connection, and conversation!

Open for all who have worn a service uniform: current military members, veterans, first responders, and their families.

Hosted by VSC partners every Monday*
at the VSC 9:30AM-11:30AM
*excluding holidays

Veteran Services Center
1750 Monocacy Blvd., Suite A
Frederick, MD 21701

IT'S A BRIGHT FUTURE AT VETERAN SERVICES CENTER IN FREDERICK



ONGOING SERVICES

VSC ACTIVE PARTNERS ARE EXCITED TO ANNOUNCE THAT THEY WILL CONTINUE TO PROVIDE THEIR VALUABLE SERVICES TO OUR VETERANS, SERVICE MEMBERS, FIRST RESPONDERS, AND THEIR FAMILIES.

- ◀ **MARTINSBURG VA** – full time mental health care on site with expanded hours
- ◀ **WARRIOR CANINE CONNECTION** – helping warriors train service dogs while healing themselves
- ◀ **MARYLAND DEPARTMENT OF VETERANS & MILITARY FAMILIES** – full time VSO services
- ◀ **THRIVE USA HOME CARE** – free home health care for veterans through the VA
- ◀ **THE MIGHTY 30** – chaplains, prayer groups, Bible study, and individual sessions
- ◀ **UNIFORMED SERVICES UNIVERSITY** – 3MDR PTSD recovery study through Walter Reed
- ◀ **GUITARS4VETS** – serves veterans impacted by PTSD and service-related trauma through the power of music
- ◀ **REDEFINE** – PTSD recovery group therapy provided free to veterans and their families
- ◀ **COHEN CLINIC** – behavioral healthcare for veterans, active-duty service members, their families, and caregivers
- ◀ **GOODWILL MONOCACY VALLEY** – facility operator and comprehensive career services and workforce training provider
- ◀ **SERVING TOGETHER | EVERYMIND** – comprehensive resource and referrals services (RETURNING)
- ◀ **REFORGE** – monthly community wellness day, holistic health coaching and lunch gatherings, recreational offerings, combat action peer support, de-escalation training (NEW)
- ◀ **SOLDIERFIT** – nutrition, wellness, and lifestyle programs including Fitness Friday classes for mind, body and spirit (NEW)
- ◀ **UNIVERSITY OF MARYLAND GLOBAL CAMPUS** – education counseling for veterans
- ◀ **NABVETS** – advocacy and support for Black veterans and their families (NEW)
- ◀ **“COFFEE WITH COMRADES”** – STARTING MONDAY SEPTEMBER 15, a weekly breakfast gathering hosted by VSC partners for our veterans to come together and share good food, peer support, connection and conversation (NEW)

And more new partners coming soon!



Join us for
12 WEEKS
FOCUSED ON **HEALING** FROM
SERVICE-RELATED TRAUMA

Military REBOOT is a course—not a support group—providing practical help for **service members, veterans, and families** dealing with the moral and spiritual wounds from service-related trauma. You won't find shortcuts or easy answers, but instead you'll find **solutions that last**.

STARTING **6 NOV 2025**

REGISTER NOW AT REBOOTRECOVERY.COM

MEETING DAY/TIME:

Thursday
6:00-8:00 PM

MEETING LOCATION:

Veteran Services Cente
1750 Monocacy Blvd
Frederick, Md 21701

CONTACT FOR INFO:

CH Rick Boyle
(240) 651-8891
ChRick@themighty30.org

— Refreshments Provided —

WE NEED VOLUNTEERS

To test engaging in a novel “Walk and Talk Therapy” for PTSD with and without Art and Music Therapy



PROTOCOL TITLE

Music and Art Therapy to Expand 3MDR Treatment for PTSD (MATE-3MDR)

WHAT TO EXPECT

- Features up to 14 weekly sessions with music and pictures you choose.
- Follow-ups at 3 & 6 months

INTERESTED?

ARE YOU...

- 18 years of age or older?
- Experiencing the effects of PTSD?
 - Increased anger or irritability
 - Feeling on edge or anxious
 - Nightmares or trouble sleeping
 - Avoiding going places or getting together with others

YOU MAY BE COMPENSATED FOR YOUR PARTICIPATION

(USUHS) IRB 1
IRB NUMBER: USUHS.2024-141
IRB APPROVAL DATE: 03/05/2025

