



## September 2021 Newsletter

### SAVE THE DATE: LHIC Annual Meeting October 7th

We will be hosting our Annual LHIC Meeting this year in person on October 7, 2021 at Harford Community College from 8:00 a.m. to 12:00 p.m. The Annual Meeting has been a great way for members to network, discuss important health issues, and continue to work together to align our goals for a common cause: to improve health outcomes and access to care to achieve health equity!

**The RSVP is now extended to Friday, September 24th...please let us know if you can make it at this link [here](https://forms.gle/VWMcl7js6LSrqZn7A).**

*Please know that we are actively monitoring current COVID metrics and if the meeting is moved to virtual, we will let everyone know.*



Image: 2021 LHIC Annual Meeting Save the Date

### Join us and wear purple for recovery- Friday, Sept. 24th

Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives.

Celebrated since 1990, Recovery Month also works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

**Join us on Friday, September 24th and wear purple for Recovery!**

To learn more about Recovery Month happenings [click here](#).



Image: Wear Purple for Recovery Friday, September 24th

### Harford County Harm Reduction Resource Guide

The updated version of the Harford County Harm Reduction Resource Guide has been published. The guide serves as an evolving referral resource for PWUD, people in recovery, their families, friends, and loved ones, and professionals and community members who support them.

To view the full guide, please [click here](#).

## HARFORD COUNTY HARM REDUCTION RESOURCE GUIDE

### Principles of Harm Reduction

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

- National Harm Reduction Coalition

Image: Principles of Harm Reduction Definition

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## Upcoming Events and Meetings

**MHAAC | LHIC | OIT virtual meeting - Tuesday, September 28, 2021 from 8:00 to 10:00am via Webex**

**Family Health LHIC virtual meeting - TBD**

**Chronic Disease Prevention and Wellness - Tuesday, September 21 from 8:00-9:00 a.m. via Zoom.**

If you would like to attend these meetings or need the Google Meets information please email Christina Claypool ([Christina.Claypool@maryland.gov](mailto:Christina.Claypool@maryland.gov)) and Ronya Nassar ([ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov)).

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## Publications of Interest

### [SUPPORTING RECOVERY: WHAT RECENT RESEARCH TELLS US](#)

Source: CASAT OnDemand

### [Results From a Trial of an Online Diabetes Prevention Program Intervention](#)

Source: National Institutes of Health (NIH)

### [Incorporating Health Equity Into COVID-19 Reopening Plans: Policy Experimentation in California](#)

Source: American Journal of Public Health (AJPH)

Contact Ronya Nassar at [ronya.nassar@maryland.gov](mailto:ronya.nassar@maryland.gov) with questions, comments, or to be added to the LHIC email list.

Harford County Health Department | [www.harfordcountyhealth.com](http://www.harfordcountyhealth.com)

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