

# PSM NEWSLETTER



## Partnership for a Safer Maryland

*Educate • Advocate • Connect*

### Quarterly Newsletter October 2021

#### Our Mission:

**Advocate for injury and violence prevention and promote education and surveillance in Maryland through statewide partnerships.**

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### A Message from Board President Tom Manion

Greetings PSM Membership!

As Summer 2021 draws to a close, I am happy to report that you'll soon start seeing more routine communication from the Partnership on a variety of important topics! Behind the scenes, the Board of Directors is wrapping up some executive and administrative restructuring, and we're so excited about what the Partnership has in store for our membership in the coming year. We'll soon be providing more CEU-eligible training opportunities on advanced injury and violence prevention topics from experts in the field. We'll be providing mechanisms for YOU to share events and other important messaging with a broad, statewide audience. Finally, we'll continue monitoring the upcoming legislative session for injury and violence prevention bills, keeping you up to date on bill

status, calls to action, etc. As in previous years, we will continue to frame our work through seven key focus areas: Child Abuse and Neglect, Falls, Intimate Partner Violence, Motor Vehicle Safety, Poisoning, Traumatic Brain Injury, and Suicide. Many thanks to the Maryland Department of Health for its continued support of our work through the Core State Injury Prevention Program Grant, we truly appreciate it.

As always, thank YOU for being a member of the Partnership for a Safer Maryland: your central hub for education, legislation, and networking. Stay tuned for great things to come...

Take good care,  
-Tom



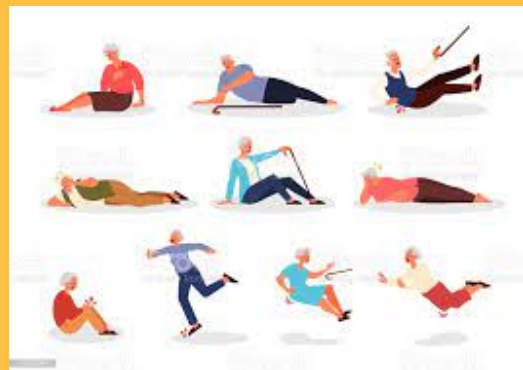
Please review the relevant information and opportunities below from organizations advocating injury and violence prevention.

## Fall prevention in Older Adults

Information from the MD Department of Aging

<https://aging.maryland.gov/accesspoint/Pages/Fall-prevention-in-Older-Adults.aspx>

One in three older Americans fall each year. Falls are among the most serious and common problems that threaten independence and quality of life for older adults (65+). Falls are not an inevitable part of aging. While many people think of falls as accidents, the truth is that many falls can be prevented.



Things YOU can do to prevent falls:

- Talk to your healthcare team about your fall risks
- Review your medicines with your pharmacist
- Get your vision and hearing checked yearly
- Traumatic brain injury
- Participate in an exercise program that focuses on balance, walking, & flexibility
- Use the "Home Safety Checklist" to reduce home hazards

Home Safety Checklist:

- Remove items and objects on the floor or staircase that you can trip over.
- Install lights and handrails on staircases
- Remove throw rugs
- Place grab bars in the tub and next to the toilet
- Use non-slip mats in the tub or shower
- Keep your home well lit
- Place items you use daily in easy to reach cabinets. Avoid step-stools

Related Links

- A Matter of Balance

- Fall Prevention Center of Excellence
- Health Promotion and Disease Prevention
- Maryland Department of Health and Mental Hygiene
- National Center for Injury Prevention and Control (CDC)
- National Council on Aging
- Stepping On
- Tai Ji Quan: Moving for Better

For more in-depth assistance, contact your local MAP office directly or call the statewide toll-free number (1-844-627-5465).

## Information from the Department of Human Services on Parent Resources

<https://dhs.maryland.gov/parentresources/>



The In-Home Services program is designed to promote the safety and well-being of children and their families.

In-Home Services strengthens parents' ability to create a safe and stable home environment while keeping the family together. Participants will meet with their Local Department of Social Services and caseworkers will work closely with each individual member of the family to develop a plan.

Benefits include support for families affected by substance use, parental resources, referrals for therapy/behavior support, education plans, healthcare assistance, connecting with community providers, and more.

- Contact your local department of social services for more information about In-Home

## Interested in Grants and Safety Projects from the Maryland Department of Transportation? Read below or click on this link:

<https://zerodeathsmd.gov/grants/>



The MHSO administers grant-funded programs that address priority areas such as impaired driving prevention, distracted driving prevention, speeding and aggressive driving prevention, occupant protection, and the safety of pedestrians, bicyclists, motorcyclists, young and older drivers. In addition, grant funds can be awarded toward projects that help improve the quality of traffic safety data.

State, county, and local government agencies; law enforcement agencies; non-profit organizations; institutions of higher education; and hospitals are encouraged to develop projects in collaboration with the four E's of highway safety- education, enforcement, engineering, and emergency medical services. Funding is provided on a competitive basis to projects that are data-driven, and to those that implement evidence-based countermeasures with goals of eliminating motor vehicle crashes and the associated injuries and fatalities. The application must be completed and submitted electronically through the MHSO's online grants system, Grants for Projects in Safety

services:  
<https://dhs.maryland.gov/local-offices/>



(GPS).  
Types Of Grants Available  
There are two types of grant applications available, one specifically for law enforcement and another for general applications.  
General Safety Grants  
Funding opportunities are available for State, county, and local government agencies; non-profit organizations; institutions of higher education; and hospitals.



## Legislation & Public Policy

The MNADV works with individuals, organizations, and government agencies to create systemic changes to improve survivor safety and increase abuser accountability. We work with law enforcement officers, prosecutors, court and parole and probation personnel, health care providers, social services workers, the faith community, and businesses.



MNADV and these allies create and enhance legislation, policies, procedures, protocols, and services that improve the response to survivors and abusers, increase resources, and promote empowerment and self-sufficiency for victims/survivors. We also work to ensure that abusers are held accountable for their behavior.

<https://www.mnadv.org/resources/legislation-and-public-policy/>



**Marylanders in the Maryland Poison Center's service area are invited to request a poison safety packet for their home.**

This free packet includes poison safety information, Mr. Yuk stickers, telephone stickers, and a magnet. To

request your packet, please click the following link:

<https://www.mdpoison.com/education/request-free-poison-safety-packet/>

Once your form has been submitted, you should receive your packet at the address that you provided in 10-14 days.



### Lead Agency on Brain Injury

Maryland's Behavioral Health Administration (BHA) within the Maryland Department of Health (MDH) has been identified as Maryland's lead agency for Traumatic Brain Injury (TBI). As lead agency, BHA directs the state's plans, initiatives, and services for individuals with TBI. BHA's Office of Older Adults and Long Term Services and Supports is responsible for this work.

<https://health.maryland.gov/bha/pages/Traumatic-Brain-Injury.aspx>

## Maryland Suicide Prevention Program

The Maryland Suicide Prevention Program aims to prevent suicide by collaborating with the Governor's Commission on Suicide Prevention as well as various state departments, community agencies, providers, and members to increase awareness of suicide and improve preparedness to identify individuals at-risk, intervene, and provide support to promote healing and improved quality of life.

**TEXT  
MDMINDHEALTH  
TO 898-211**



Sign up to receive support, information, and resources for staying connected.

Program is not a crisis or emergency care center. If you or someone you know is in crisis, contact Maryland's crisis hotline by calling 2-1-1 and pressing option 1 or texting 898-211. In the case of a life-threatening emergency, call 911.

<https://health.maryland.gov/bha/suicideprevention/Pages/home.aspx>

**ENVÍE TEXTO  
MDSALUDMENTAL  
A 898-211**



Regístrese y reciba apoyo,  
información y recursos para  
mantenerse conectado.