

FREDERICK COUNTY HEALTH DEPARTMENT

Artificial intelligence is not your friend

2026-09-14

Source: Frederick County Health Department

Artificial intelligence is not your friend

Artificial intelligence is changing how we work, learn, and communicate. Millions of people now use AI to answer questions, organize their thoughts, prepare for difficult conversations, and learn about their physical and mental health.

These are valuable uses. But as AI becomes more capable, there is something important to remember.

AI is a tool. It is not a relationship.

We don't confuse a blood pressure cuff with a doctor. We don't confuse Google Maps with a friend who knows the way.

AI belongs in the same category. It is a powerful tool that can help us learn, solve problems, and organize our thinking. But tools do not care about us. People do.

This difference matters because people naturally give human qualities to things that are not human. Psychologists have studied this for decades.

Modern AI makes this even easier because it talks like a person, remembers past conversations, and adjusts its responses to each user.

When something responds naturally and seems to remember us, it can feel more personal than it really is.

Most adults can keep this difference in mind.

For teenagers and young adults, it may be harder. These are years when people are figuring out who they are and where they belong. Friendships become more important, and fitting in matters a great deal.

Researchers have raised concerns that some young people may begin to see AI as more of a relationship than it really is.

A conversation is not the same as a relationship.

This is especially important when we think about mental health.

AI can provide information. It can ask helpful questions. It can help people organize their thoughts before an appointment or explain medical information in simple language.

Research suggests that AI may improve access to mental health information and support when it is used as part of overall care.

[Read the original release](#)

Those are meaningful benefits.

But AI is not a therapist.

Therapists notice much more than your words. They notice your posture, facial expressions, eye contact, tone of voice, and how fast or slowly you speak.

They see if you seem anxious, withdrawn, unusually energetic, or emotionally flat. They compare what they see today with what they saw during earlier visits.

They also have professional training, ethical responsibilities, and are accountable for the care they provide.

In Maryland, licensed professional counselors, therapists, and social workers are required to follow state codes of ethics that govern their professional conduct and place the protection of the public first.

Professional training is one form of care. Personal relationships are another.

Friends and family notice these things, too. They see when you stop answering messages, lose interest in activities you once enjoyed, or simply don't seem like yourself.

Good relationships are not built on remembering what someone said yesterday. They are built on noticing what has changed today.

Remembering facts about someone is not the same as caring about them.

Relationships do more than exchange information. They shape our behavior, challenge our assumptions, celebrate our successes, and step in when we cannot recognize that we need help ourselves.

AI has no direct way to observe you. It only knows what you choose to share.

AI can sometimes analyze information from text, photos, videos, microphones, wearable devices, or other sensors.

Even then, it cannot experience the world the way people do.

It cannot walk into the room with you, smell alcohol on your breath, notice that you have lost weight, or understand all the small changes that help friends, family, and healthcare professionals know how you are doing.

These limits do not make AI dangerous. They make it incomplete.



Image courtesy of Frederick County Health Department.

The more human AI seems, the more important it is to remember that it is still not human.

Use AI to learn. Use it to organize your thoughts. Use it to prepare for difficult conversations. Use it to better understand advice from your healthcare team. Use it to become a more informed partner in your own care.

Then, have those conversations with people.

Strong relationships are still one of the best predictors of good physical and mental health. No technology can replace a trusted friend, a caring family member, or a skilled therapist who knows you well enough to notice when something has changed.

Technology will continue to change. The importance of human relationships will not.

This was written by Andrea Walker, an Inaugural Fellow of the Bloomberg American Health Initiative at Johns Hopkins Bloomberg School of Public Health. She is a national leader in public behavioral health systems design. She has led the development of mobile crisis response systems, firearm risk reduction protocols, school-based prevention initiatives, and cross-sector strategies that integrate public health, law enforcement, violence prevention and clinical care. Her work has been recognized for its innovation, durability, and commitment to building systems that protect people before, during, and after crisis. She is the director of the Behavioral Health Services Division for the Frederick County Health Department.

FREDERICK COUNTY HEALTH DEPARTMENT

Health Department looking to contact owner of a dog

2026-09-14

Source: Frederick County Health Department

What you need to know:
The Frederick County Health Department is asking for the public’s help to find a dog and its owner.

What happened?

A woman was bitten by a dog on Saturday, September 12th, 2026, at around 2:00 p.m., on Lambert Drive in Ballenger Creek, Frederick.
The victim was walking in their neighborhood when she was bitten by the dog being walked by its owner.

The biting dog is described as a Shiba Inu type with caramel coloring.
The owner is described as a young woman, possibly in their 20’s with long dark hair wearing lounge wear at the time of the incident.

What you should do:

If you have information about this animal, call Frederick County Animal Control at 301-600-1544.

What happens next?

Once the owner is contacted, the animal will need to be verified to be in good health by Animal Control 10 days after the incident date.
Then, the animal may resume normal activity, and the person who was bitten will not need to get expensive rabies treatment.
If the owner is not contacted, the victim will be advised to get treatment.

General Actions to Take:

If a person or pet is bitten or scratched by an animal:
Get the owner’s name, address, and phone number, then call Animal Control at 301-600-1544.
If the animal is wildlife, consult your pet’s veterinarian (if applicable) and call Environmental Health Services at 301-600-1717.

Public Health ALERT



Bite from unknown animal. See post for location and details.



Call 301-600-1544 if you have information on animal or owner.



Image courtesy of Frederick County Health Department.

If you have been exposed to an animal confirmed or suspected of having rabies, call Community Health Services at 301-600-3342.
For general rabies inquiries, call Environmental Health Services at 301-600-1717.
Visit Health.FrederickCountyMD.gov/Rabies for more information.

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The Day’s Run Log

Complete call activity for Monday, September 14. Excludes medical calls.

TRAFFIC & ROADS3:40 am

Vehicle Accident - Bls
1500 block W. PATRICK ST — SEVEN ELEVEN
UNITS: A129, E121
3:46 am A129, E121 on scene with a vehicle in the center median. Checking on occupant(s).
3:49 am A129 evaluating one patient.
3:53 am A129 evaluated patient who refused transport. Units clearing the scene.

ALARMS4:20 am

Residential Fire Alarm (Single Family Resd/ Mobile Home)
100 block FOURTH AVE (BRUNSWICK)
UNITS: PE52
4:44 am PE52 reports a malfunctioning alarm. PE52 in service.

ALARMS6:08 am

Commercial Fire Alarm
16800 block S. SETON AVE — NATIONAL FIRE ACADEMY (EMMITSBURG)
UNITS: E61, TW6
6:15 am E61 on the scene, 3-story commercial building. Nothing evident. Investigating.
6:17 am E61 investigated the room of the alarm origination. No hazards present.
6:20 am E61 reports alarm activated from a heat detector after occupant finished a hot shower. Alarm has been reset.

ALARMS6:41 am

Residential Fire Alarm (Single Family Resd/ Mobile Home)
2700 block RODERICK RD (URBANA)
UNITS: E231
6:43 am Frederick ECC reports the alarm company has received the proper passcode. E231 in service.

PUBLIC SAFETY7:26 am

Gas Odor Inside
300 block FURGESON LN
UNITS: E501, E121, T50
7:34 am E501 on scene, 2-story middle of the row townhouse. Gas company on scene.
7:35 am E501 reports gas company already on location, confirming no fire department services needed. Units clearing.

ALARMS7:49 am

Commercial Fire Alarm
5600 block BUCKEYSTOWN PIKE — SAMS CLUB
UNITS: PE311, TT4
7:54 am PE311 on the scene, small fuel island, nothing evident.
7:55 am Frederick ECC reports alarm company received the proper passcode, alarm activated due to a power failure. Units in service.

ALARMS8:02 am

Commercial Fire Alarm
5600 block BUCKEYSTOWN PIKE — SAMS CLUB
UNITS: PE311
8:02 am PE311 alerted to assist with resetting the fire alarm system.

TRAFFIC & ROADS10:31 am

Motorcycle Accident
I-270SB / SCENIC OVERLOOK
UNITS: A319, A239, ALS23, R3, E231, PE311, EMS902, BC901
10:33 am Frederick ECC advises responding units that MSP are on scene, reporting patient is conscious.
10:37 am A239 on scene, rider upright and walking.
10:38 am Responding units re-positioning to SB lanes.
10:47 am M319 transporting patient to Suburban Hospital.

ALARMS10:59 am

Commercial Fire Alarm
5500 block MOUNTVILLE RD — STUPS MARKET (ADAMSTOWN)
UNITS: E141, TW23
11:01 am E141 on the scene, single-story commercial building. Nothing evident.
11:02 am E141 reports accidental activation. No fire department services needed.

PUBLIC SAFETY11:23 am

Service Call - Non-Emergency Response
1400 block POTOMAC VIEW PKWY (BRUNSWICK)
UNITS: PE52
11:23 am PE52 alerted to assist homeowner with a fire alarm.

PUBLIC SAFETY11:45 am

Unit Transfer To Other Station
100 block W. FREDERICK ST — STATION 24 (WALKERSVILLE RESCUE CO.)
UNITS: ALS17

ALARMS2:34 pm

Commercial Fire Alarm
5600 block ADAMSTOWN RD — CARROLL MANOR ELEMENTARY SCHOOL (ADAMSTOWN)
UNITS: E141, TW23
2:35 pm Frederick ECC advises responding units that the proper alarm passcode was received. Units in service.

TRAFFIC & ROADS2:35 pm

Vehicle Accident - Bls
3700 block BUCKEYSTOWN PIKE
UNITS: A319, A148, E141
2:39 pm E141 on the scene, 2 vehicles involved. Checking on occupants.
2:44 pm A148 transporting Pri. 3 patient to the hospital.

PUBLIC SAFETY3:15 pm

Medical
26400 block CLARKSBURG RD (LEWISDALE)
UNITS: A259

ALARMS3:34 pm

Commercial Fire Alarm
200 block MADISON ST — LINCOLN ELEMENTARY SCHOOL (FREDERICK)
UNITS: E31, TT4
3:35 pm TT4 on the scene, normal exterior conditions. Building evacuated. Investigating.
3:36 pm TT4 investigated, no hazards present. Holding TT4 to reset the alarm system. E31 in service.

TRAFFIC & ROADS3:55 pm

Vehicle Accident - Bls
4200 block BARTHOLOWS RD
UNITS: A159, PE251
4:00 pm PE251 on the scene, 2 vehicles involved, one vehicle into a trailer. Checking on occupants.
4:03 pm A159 obtaining a patient refusal. Units clearing the scene when ready.

TRAFFIC & ROADS5:20 pm

Vehicle Accident - Bls (Automatic Crash Notification)
NEW DESIGN RD / I-270
UNITS: A318, PE311

ALARMS6:00 pm

Residential Fire Alarm (Single Family Resd/ Mobile Home)
4100 block BUCKEYSTOWN PIKE
UNITS: PE311
6:01 pm Frederick ECC advises PE311 that the proper alarm passcode was received. PE311 in service.

WEATHER & UTILITIES7:47 pm

Flooding Condition
600 block N. MARKET ST (FREDERICK)
UNITS: PE23

PUBLIC SAFETY8:34 pm

Gas Odor Inside
100 block S. JEFFERSON ST (FREDERICK)
UNITS: E31, PE23, TT4
8:37 pm TT4 on scene, 2-story end of the row townhouse. Nothing evident.
8:46 pm E31, TT4 investigating malfunctioning water heater.

TRAFFIC & ROADS8:40 pm

Vehicle Accident - Bls (Automatic Crash Notification)
US-15SB / W. SEVENTH ST (FREDERICK)
UNITS: A18, A29, R3, E501, E11
8:43 pm A18 checked the area in both directions. Nothing found. Units in service.

FIRE & RESCUE8:50 pm

Building Fire
100 block N. PENDLETON CT (FREDERICK HEIGHTS)
UNITS: E11, PE23, E501, PE311, E121, R3, TW1, A18, ALS4, C1, BC903, BC902, SAF901
8:55 pm E11 on the scene, 2-story middle of the row townhouse. Nothing evident. Investigating. BC903 on scene, establishing command. E11 unable to complete 360-assessment due to fence.
8:56 pm E11 reports a small fire on the deck.
8:57 pm E11 confirms a fire in the grill on the deck, handling with extinguisher. E11 holding E11 holding themselves on the call. Other units may go in service.

PUBLIC SAFETY9:36 pm

Gas Odor Inside
100 block S. JEFFERSON ST (FREDERICK)
UNITS: E31, PE23, TT4
9:38 pm TT4 on the scene, 2-story end of the row townhouse. Normal conditions. Investigating.
9:49 pm E31 metered initial dwelling, found 220 PPM on the meter. TT4 located an adjacent structure that appears to be the origin of the leak. E31 establishing command. Requesting FPD, E31 will need to force entry to the structure where leak is occurring
9:57 pm E31 requesting gas company to respond.
10:16 pm E31 confirmed source of the leak. Found 400 PPM in basement, 630 PPM on second floor. Also residual 220 PPM in adjacent dwelling. Crews are currently ventilating both structures.
10:36 pm E31 reports gas company is on scene.

PUBLIC SAFETY10:14 pm

Service Call
8400 block BALD EAGLE LN (TALLYN RIDGE)
UNITS: E331

TRAFFIC & ROADS10:20 pm

Vehicle Accident - Bls
I-70EB / 38MM
UNITS: A89, E82
10:29 pm WCE161 located a disabled vehicle. Units checked the area, nothing further found. Units in service.

FREDERICK, MARYLAND

7-Day Weather

National Weather Service

MON
Sep 14

76° / 49°

Sunny

ISSUE DAY

TUE
Sep 15

78° / 56°

Sunny

0% precip

WED
Sep 16

83° / 62°

Mostly Sunny

1% precip

THU
Sep 17

86° / 67°

Sunny

5% precip

FRI
Sep 18

85° / 64°

Mostly Sunny then Chance Rain Showers

35% precip

SAT
Sep 19

82° / 67°

Partly Sunny then Slight Chance Rain Showers

19% precip

SUN
Sep 20

85° / 65°

Slight Chance Showers And Thunderstorms then Chance Showers And Thunderstorms

31% precip

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