

Healthy St. Mary's Partnership
Behavioral Health Action Team
May 11, 2018 from 2:00 – 3:30 p.m.
St. Mary's County Health Department

Minutes

- 1. Attendance:** Glori VanBrunt – Private Practice/Great Mills High School, Amy Young – Maryland Coalition of Families (MCF), Greg Reuss – American Foundation for Suicide Prevention (AFSP), Richard Russell – St. Mary's County Sheriff's Office (SMCSO), Tanya Hurst – St. Mary's County Health Department (SMCHD), Pete Cucinotta - Circuit Court, Lauren Abell – MedStar St. Mary's Hospital (MSMH), Maegan Odle – Center for Children, Ashly Nelson – SMCHD, Samantha Tillery – SMCHD, Dawn Sisk – Pathways, Elizabeth Foote – St. Mary's County Public Schools (SMCPS), Kelsey Bush - Local Management Board (LMB)/Department of Aging & Human Services (DAHS), Dee Rathbone – Parents Affected by Addiction (PABA), Laura Webb – Walden, Dawn Tucker – Pathways, Brenda Payne – SMCHD, Jacquie Heaney – SMCHD
- 2. Objectives & Goals for 2018 Team Priorities**
 - a. Appropriate ER Utilization for Behavioral Health
 - i. Laura reviewed the team's goal to reduce behavioral health ER visits. The starting place for this goal is to know the trends and patterns of the visits so that we can work on an appropriate course of action to prevent the visits and provide a pathway for after someone is discharged. We would like to form a group that will meet with ER staff look at trends and find out what their observations are. Tanya said that she has a contact at MedStar she can talk to. Lauren also volunteered to meet with Lori to see how best to approach this. Other's that volunteered to be included in this discussion with ER staff were: Kelsey, Dawn Sisk, Dawn Tucker, Richard, Maegan, Greg, Amy, and Lauren.
 - ii. Tanya shared local overdose and outreach data.
 - b. Youth Suicide
 - i. Greg gave an intro to the Seize the Awkward campaign. The goal of the campaign is to have peer engagement. It targets the youth and young adult community with situations and celebrities that they are familiar with and can relate to. We watched a couple videos and then Greg showed how to navigate through the site. It was suggested that partners link to the campaign on their website and regularly promote it on social media. Greg will provide more youth feedback on the campaign at the next meeting.
 - ii. Tanya brought handouts about the "SOS Signs of Suicide Program." This is a youth suicide prevention program that is supported by SAMHSA as a evidence-based program and practice. The program would be for in



middle and high-schools and includes an educational curriculum that raises awareness about suicide and depression, and a brief screening for depression.

- iii. Kelsey mentioned a man from Philadelphia names Jason who has a similar story to that of Kevin Hines (Suicide: The Ripple Effect) that may be a good option to come down to St. Mary's County to speak. Greg mentioned that SMCPS, along with AFSP, are already looking to book him.

c. Marijuana

- i. Maryellen, Jenna, and Jacquie had a phone conference with Will Tilberg, the director of Policy & Government Relations at the Medical Cannabis Commission, to discuss his coming to St. Mary's County to do a presentation. He was unavailable to come down during National Prevention Week, however, he is open to coming down for the Healthy St. Mary's Partnership Annual Meeting. The group discussed possibly having him participate in a panel at a town hall meeting. The group discussed making the panel fair and equal by including perspectives from all sides including the sheriff's office, the medical field, a person in recovery from addiction, and a medical cannabis provider.

3. Partner Updates

a. Pathways

- i. Dawn gave an update on Pathways' showing of "Suicide: The Ripple Effect." There were technical difficulties on the 10th, so now they will be showing it on Thursday, May 17th at 7:30 at AMC Lexington Park 6.
- ii. There will be a Youth Mental Health First Aid Training on July 27 from 9am – 4pm at the Charlotte Hall Library. Contact Heather Jackson, Molly Young, or Dawn to sign up.

- b. Kelsey talked about the Youth Advisory Commission. They are looking for youth aged 16-22 to apply to be members. There is no GPA requirement so please encourage all youth to apply in order to have a Commission that represents the entire community. The application requires 1 reference and is available at: www.stmarysmd.com/voluntr/.

- c. Richard gave an update on National Take Back Day. The Sheriff's Office collected 135 pounds of medication on April 28, this brings them up to 481 pounds since January.

- d. Richard also gave an update on the Sheriff's office's data on unintentional overdose deaths. In 2017, there had been 11 confirmed unintentional overdoses by the end of May; this year, there have been 6 confirmed and there are still some pending investigation.

- e. Pete is going to a train the trainers course on trauma in the criminal justice system next month in Albany.



- f. Glori thanked everyone for their support following the incident at Great Mills High School. The community support has been awesome and the students and staff truly appreciate it. She will be on campus at Great Mills 4 days a week until the end of the school year. With her increased time at the school she has tripled the number of students that she is seeing.
 - g. Dee handed out a letter to the editor written by Roy Fedders.
 - h. Amy talked about the Opioid Emergency Response Kits that MCF and her support group will be making. The kits will include Narcan, an insert that explains how to use the Narcan on one side and explains the Good Samaritan Law on the reverse side, a magnet with phone numbers to call for help, and a brochure about local support groups.
 - i. Greg handed out “Talk Saves Lives” booklet. The AFSP will be doing a presentation on it May 24 at the Loffler Senior Activity Center. The presented it during Mental Health Awareness Week in December at the schools and it went very well.
 - j. There will be screenings of the “It’s Real” documentary at each of the high schools on May 18 during 1-hour lunch as part of Prevention Week.
 - k. AFSP will be at the Air Show in June presenting on means restriction and suicide prevention. They are looking to have free gun locks available to hand out.
 - l. Laura gave information on the Tri-County Memory Walk which will begin at 9am on May 19 at Serenity Farms in Benedict with the speaker and seed planting beginning at 10am. You can submit a photo of a loved one that you have lost to addiction, which will line the path of the walk and then be added to memory wall, by mailing it or delivering it to Lori Hony at Project Echo.
 - m. The MyStMarys app is available now for smartphones! Be sure to share it with young people and parents.
 - n. The presentation on the Youth Risk Behavior Survey results will be on Monday, May 21 from 5:30pm to 6:30pm at the SMCPS Central Administration Office in Leonardtown. Monitored topics include mental health; tobacco, alcohol and other drug use; sexual behavior; violence and injury prevention; and nutrition and exercise.
 - o. Jacquie read the Proclamation from the County Commissioners proclaiming May 14 – 19 National Prevention Week in St. Mary’s County.
- 4. Communications**
- a. Share events and news with HSMP partners through the HSMP Newsletter, calendar & social media outlets! Submit information at:
<http://healthystmarys.com/newsletter/> or email stmaryspartnership@gmail.com
- 5. Next BHAT Meeting:** June 8, 2018 from 2:00 – 3:30 p.m. at the St. Mary’s County Health Department

