

Healthy St. Mary's Partnership
Behavioral Health Action Team
June 8, 2018 from 2:00 – 3:30 p.m.
St. Mary's County Health Department

Minutes

- 1. Attendance:** Jacquie Heaney – St. Mary's County Health Department (SMCHD), Nat Scroggins – Minority Outreach Coalition (MOC), Dawn Sisk – Pathways, Dawn Tucker – Pathways, Rhonda Hunt – St. Mary's County Public Schools (SMCPS), Jenna Guzman – SMCHD, Richard Russell – St. Mary's County Sheriff's Office (SMCSO), Lauren Abell – MedStar St. Mary's Hospital (MSMH), Pete Cucinotta – Circuit Court, Greg Reuss – American Foundation for Suicide Prevention (AFSP), Ashley Milcetic (SMCHD), Tanya Hurst – SMCHD, Laura Webb – Walden, Amy Young – Maryland Coalition of Families (MCF), Dee Rathbone – Parents Affected by Addiction (PABA), Megan Hildenberger – community member, Sam Bauman – Walden, Masada Johnson – Deep Launching
- 2. Objectives & Goals for 2018 Team Priorities**
 - a. Appropriate ER Utilization for Behavioral Health: Laura provided an update on the plan to meet with ER staff to gain qualitative data on their experiences and observations. The idea was brought up at the steering committee meeting and Lori Werrell was going to look into setting this up. Lauren will touch base with Lori and provide Laura with an email update. Those who expressed interest in being involved at the last meeting will be informed when the meeting is scheduled.
 - b. Youth Suicide:
 - i. Greg updated on AFSP's outreach projects - CSM hosted a successful Out of the Darkness Walk and the Community Out of the Darkness [Walk](#) will be help on September 15, they presented in the high schools at the end of May, they will be tabling at the SOMD Pride event, and they are working with SMCPS to schedule a peer speaker from Philadelphia to come down in the fall.
 - ii. The team discussed the recent deaths of Kate Spade and Anthony Bourdain. Their deaths have brought the issue of suicide to light. Jacquie will create a social media post providing local and state suicide prevention resources. Amy mentioned that Michael Phelps did a mental health PSA that is a good share. The group talked about how it is important to talk about mental health and suicide. People need to realize that they are not alone, so sometimes you have to proactively ask if someone is okay.
 - iii. The group discussed their experiences with the new season of *13 Reasons Why*. It was brought up that the show did a good job of providing resources. Parents should be encouraged to ask their children if they have



watched the show and use it as a teaching point. AFSP provides a discussion [guide](#) to help address the subject.

- iv. Jenna gave an update for Maryellen on the R U OK? campaign. They are looking to start working with school administrators in July so that the program can roll out at the beginning of the next school year.
- c. Marijuana: Jenna has been in contact with Will Tilberg at the Maryland Medical Cannabis Commission. He is willing to come down as a breakout speaker for the HSMP Annual Meeting and to be a part of a town hall that evening. The Legal Resource Center is hosting a [Cannabis Policy Briefing](#) on June 20 in Baltimore – Jacque and Laura will be attending.

3. 2018 HSMP Annual Meeting

- a. Save the Date: September 13, 2018
- b. More info at: <http://healthystmarys.com/hsmpannual2018/>
- c. The meeting will be held in the afternoon this year. More details about the schedule and official timing will be available soon. Keep an eye on the newsletter and your email for information about registration.
- d. Each action team will be doing a table this year. Dawn Sisk and Dawn Tucker expressed interest in helping with this. They will connect with Laura to organize.

4. 2018 Youth Risk Behavior Survey Results

- a. SMCHD and SMCPs hosted a joint presentation of the key findings from the 2016 Youth Risk Behavior Survey results on Monday, May 21. The [Substance Misuse](#) and [Mental Health](#) results were shared. Data covered in other sections of the survey is available on the SMCHD [website](#). The data does require interpretation as not all changes may be significant. If you have any questions please contact the Health Department.
- b. Dr. Brewster presented to the County Commissioners and they agree that the mental health numbers are concerning. There was an article on page 4 of the St. Mary's County [Times](#) that focuses on this concern.

5. Partner Updates

- i. Dee handed out 2 articles. One by [Dennis Thompson](#) and one by [Judith Grisel](#).
- ii. Pete updated that the Juvenile Drug Court will be closing by Spring 2019. Adult Drug Court, however, continues to expand and will have opportunities for growth as the juvenile drug court closes.
- iii. Ashley is working on a post-partum campaign that has an incorporated mental health screening tools and provides a local resource guide. She spoke about many Medicaid patients having difficulty getting behavioral health treatment as the coverage is outsourced. This is common with other insurance plans as well. Health literacy becomes the issue in this situation.



Jenna and Ashley will touch base to update the SMCHD website with how behavioral health services are covered under Medicaid.

- iv. Rhonda announced that SMCPHS has been awarded a [grant](#) to address student trauma and at-risk students. Several action items will be covered in this grant including extending clinical services for students/families and evening counseling center hours. The County Commissioners also budgeted for 2 more counselors to be hired for the next school year.
- v. The Tri-County Memory Walk was held on June 10 at Serentiy Farm. Photos from the event are available on their Facebook [page](#).
- vi. 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. The Adult Mental Health Training is scheduled for August 24.
- vii. AFSP had a Talk Saves Lives presentation at the Loffler Senior Center a couple weeks ago and it was very successful.
- viii. Richard talked about how Charles County is putting together a trailer that is set up like a bedroom to show parents typical hiding places that kids use. The trailer will be going around to the county fairs. SMCSO is making a video for those who cannot see the trailer in person. He then gave an update on unintentional overdoses for 2018.
- ix. The Health Department offers community naloxone training. If you would like to schedule a training contact [Maryellen Kraese](#).
- x. Tanya shared personal experiences from her outreach efforts related to the opioid epidemic. She has started doing home visits and outreach at the courthouse.
- xi. The 2018 [Juneteenth](#) Celebration will be on June 16 at Lancaster Park.
- xii. The Partnering for Health Equality Conference will be on June 29 at the Sheraton in Columbia, MD. Click [here](#) for more information and to RSVP.
- xiii. Jenna talked about the Faith Based Youth Mentoring [Program](#) that SMCHD has received funding to begin. If your church is interested please contact the behavioral health [division](#) at the health department.
- xiv. Dr. Brewster presented to the County Commissioners about the new Harm Reduction Program. The program will include a needle exchange, but is still in the building/planning stages.
- xv. The Opioid Misuse Prevention Program is submitting plans for FY19 that include prescriber and community education as well as plans for medication take back.
- xvi. The Community Alcohol Coalition's next meeting is on June 26 at 12:00 p.m. at Health Connections.
- xvii. Deep Launching has received a grant from the Maryland Department of Health to do Advanced Directives workshops. If you would like to schedule one for your organization contact her via [email](#).



xviii. Beacon of Hope Recovery & Wellness Center will be having their [Spring Fling](#) on Sunday, June 17 from 1:00 – 4:00 p.m.

6. 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
- 7. Next BHAT Meeting:** July 13, 2018 from 2:00 – 3:30 p.m. at the St. Mary's County Health Department

