

Healthy St. Mary's Partnership
Behavioral Health Action Team
November 9, 2018 from 2:00 – 3:30 p.m.
St. Mary's County Health Department

Minutes

1. **Attendance:** Tanya Hurst – St. Mary's County Health Department (SMCHD), Dee Rathbone – National Institute of Citizen Anti-Drug Policy – (NICAP), Greg Reuss – American Foundation for Suicide Prevention (AFSP), Maryellen Kraese – SMCHD, Kelsey Bush – Department of Aging and Human Services (DAHS), Lori Werrell – MedStar St. Mary's Hospital (MSMH), Nat Scroggins – Minority Outreach Coalition (MOC), Meena Brewster – SMCHD, Laura Webb – Walden, Amy Young – Maryland Coalition of Families (MCF), Jacquie Heaney – SMCHD
2. **Objectives & Goals for 2018 Team Priorities**
 - a. Appropriate ER Utilization for Behavioral Health
 - i. Jacquie will be sending out a doodle poll to the subgroup to set up a meeting for after Thanksgiving to discuss next steps for intervention and outreach.
 - b. Youth Suicide
 - i. St. Mary's County Public Schools will be doing a Mental Health Awareness Week the week of December 10. Maryellen will be launching the R U OK? Campaign during this week.
 - ii. The Out of the Darkness Walk was very successful on the 4th with 200+ participants.
 - iii. CSM is hosting a [Shattering the Stigma](#) event on Thursday, November 15 from 2:30 – 4:00.
 - iv. AFSP and SMCHD are co-hosting a [Survivor's Day](#) event on November 17 from 10 a.m. – 2 p.m.
 - v. AFSP and SMCHD are co-hosting an [ASIST](#) training on November 30 and December 1.
3. **Youth Mentoring**
 - a. Dr. Brewster gave an overview of the Youth Mentoring initiative. One goal in response to the opioid crisis is youth prevention. Youth mentoring addressing the subject of substance use as well as violence prevention and social-emotional skills. SMCHD recently acquired funding from the Lexington Park Rotary Club to start implementing the [Botvin Life Skills Training](#) program in the community. The original roll out targeted faith-based organizations and after hearing about interest from other community organizations the opportunity has expanded to include both faith-based and non-faith-based community organizations. SMCHD hosted an info session on November 8 at the Lexington Park Library to discuss the opportunity and to get an idea of what programs already exist in the community and what support they need. The session has 30 attendees. Those who attended identified the following needs: A means of communication across youth mentoring programs/initiatives serving St. Mary's County, Ongoing notices about funding opportunities, Technical assistance/training both for adult mentors on how to be stronger mentors, as well as how to recognize signs of drug use, depression, anxiety, or other concerns young people may be facing, Technical assistance/training for program



champions or organizational leaders on building or growing their youth mentoring initiatives, and help in recruitment of adults to be mentors, or youth to be participants, in youth mentoring programs.

- b. Dr. Brewster proposed that this be a project for the BHAT team to adopt. This could include doing an assessment of what is currently available in the community and using this to create a comprehensive list of resources, providing training events (e.g. having Maryland Mentor come present), being a vehicle for communication, planning a resource fair, and/or coming up with a training curriculum (“Mentoring College”). A motion was made and seconded. Youth Mentoring was added to the BHAT agenda by unanimous vote.

4. 2019 HSMP Advocacy Agenda

- a. The HSMP Steering Committee is asking each action team to look at the [2017 Advocacy Agenda](#) and discuss if they would like to propose a public policy to the Steering Committee to add to the 2019 Advocacy Agenda.
- b. Lori, Laura, and Kelsey will look into the following policy ideas for further discussion at the December meeting:
 - i. Tele-Behavioral Health – allowing providers from out of state
 - ii. Reimbursement rates for substance abuse beds (going from grant to fee-for-service)
 - iii. Recreational Marijuana
 - iv. Making Social Hosting (alcohol) a civil offense instead of criminal offense – The Community Alcohol Coalition is looking to support this
 - v. Incentivizing geripsych beds
- c. Each action team does not have to propose an item for the 2019 Advocacy Agenda. It was suggested that the team could spend 2019 looking at data and researching public policies to suggest a public policy change for the 2020 agenda.

5. Old Business

- a. Marijuana
 - i. Jacquie is researching potential speakers and will provide updates as progress is made toward scheduling the event for late Spring/early summer 2019.

6. Partner Updates

- a. MSMH is having a Drive-Thru [Flu Clinic](#) on November 10.
- b. MSMH’s Domestic Violence and SAFE program are still running, the only difference is that there is no longer a project coordinator as they are running the programs without grant funding.
- c. Several MedStar Hospitals are adding Peer Recovery Coaches in the ED. St. Mary’s will be in the next cycle with planning starting around July of 2019 and an approximate roll out of January 2020.
- d. Nat is assisting with collecting [letters of support](#) from veterans for the Tobacco 21 legislation.
- e. The Community Alcohol Coalition is having a focus group with the Superintendent Student Advisory Council on December 13 at the Board of Education Building.
- f. PABA is hosting a [Holiday Craft Fair](#) on December 1 at Serenity Farms. All proceeds will be donated to the Maryland Heroin Awareness Advocates.



- g. The Charles County H.O.P.E. trailer will be at the [PABA](#) meeting on November 21.
- h. It's HSMP Election season! [Nominations](#) for HSMP Co-Chair and Vice-Chair are due by 5:00 p.m. on November 16.
- i. There will be a Shoe Drive as part of the [Martin Luther King Day](#) event at St. Mary's College on January 21 from 10:30 a.m. – 1:00 p.m.
- j. There will be a meeting for the new Veterans Services Collaborative in December. More information to come.
- k. Dee shared a petition that NICAP is sending to President Trump as well as a [letter to the editor](#) that he had published in The Enterprise.
- l. Tanya shared a thank you letter that she received from a community member she has interacted with in her outreach. She also shared an excerpt from the book Addiction as an Attachment Disorder.

7. 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

8. Upcoming Meetings:

- a. **BHAT:** December 14, 2018 from 2:00 – 3:30 p.m. at the St. Mary's County Health Department

