




# Behavioral Health Action Team Meeting

Friday, September 16, 2022

# Agenda

1. Introductions
  2. Health Equity
  3. Telehealth Access
  4. Youth Mental Health Needs
  5. Partner Spotlight
  6. Partner Updates
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# Introductions

- Kristin Voto - St. Mary's County Health Department (SMCHD)
- Kelly Muldoon - Empowered Connections
- Michelle Turkaly - SMCHD
- Elena Bell - SMCHD
- Robin Schrader - St. Mary's County Public Schools
- Margaret Williams - SMCHD
- Michael Blackwell - St. Mary's County Library
- Stephanie Freeman - SMCHD
- Jess Jolly - St. Mary's College of Maryland Wellness Center
- Maryanna Lanham - Dream Queen Foundation - Gals Lead Teen Mentorship Club
- Joana Naranjo - SMCHD
- Tiffany Daniel - CTLDomGroup, Inc
- Jesse Taylor - SMCHD
- James McDaniel - Serenity Place, LLC
- Anna Guy - Hope and Healing Psychotherapy, LLC
- Nicole Barrows - SMCHD
- Tori Poss - SMCHD
- Jacquie Wells - SMCHD
- Greg Reuss - American Foundation for Suicide Prevention
- Tammy Loewe - SMCHD
- Carolyn Cullison - On Our Own of St. Mary's County

# Health Equity

- The team reviewed the updated draft of the resource menu.
- **Action Item:** Please review this google doc which has all of the resources we can send businesses/organizations when they reach out about trainings/topics on the menu.
- The team discussed potential distribution plans. We will finalize this next month and begin to distribute.

**COPING SKILLS**  
COPING SKILLS HELP US GET THROUGH DIFFICULT TIMES  
- THEY CAN GIVE US AN IMPORTANT BREAK FROM  
MENTAL AND EMOTIONAL DISTRESS, AND SOMETIMES  
THEY ARE LITERALLY LIFE-SAVING. SEVERAL RESOURCES  
ON

**ST. MARY'S COUNTY  
BEHAVIORAL HEALTH**

**RESOURCES &  
TRAININGS**

**SUBSTANCE USE TRAINING**  
SEVERAL COMMUNITY ORGANIZATIONS ARE AVAILABLE  
TO PROVIDE MORE INFORMATION ON SUBSTANCE USE  
PREVENTION AND HOW YOU CAN HELP CONNECT  
COMMUNITY MEMBERS TO LOCAL RESOURCES.

**SUICIDE PREVENTION**  
THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION  
OFFERS SEVERAL TRAININGS WHICH FOCUS ON  
LEARNING ABOUT SUICIDE, HOW YOU CAN HELP  
PREVENT IT, AND RESOURCES FOR THOSE AFFECTED.

**OVERDOSE RESPONSE**  
THE ST. MARY'S COUNTY HEALTH DEPARTMENT  
OVERDOSE RESPONSE PROGRAM IS FREE AND OPEN TO  
ANYONE WHO WOULD LIKE TO LEARN HOW TO  
RECOGNIZE THE SIGNS AND SYMPTOMS OF OPIOID  
OVERDOSE AND HOW TO ADMINISTER NALOXONE.

**MENTAL HEALTH FIRST AID**  
MENTAL HEALTH FIRST AID IS A NATIONAL PROGRAM TO  
TEACH THE SKILLS TO RESPOND TO THE SIGNS OF  
MENTAL ILLNESS AND SUBSTANCE USE.

# Telehealth Access

- Next steps
  - Putting together a brief presentation for provider's offices
  - Promotional campaign materials
    - Finalizing rack card and share card with graphic designer
    - Radio, printed & digital advertisements, QR codes
  - Client experience follow-up survey
    - Will work with subcommittee to develop
- Utilization numbers since its August 22nd launch
  - Lexington Park Library - 5 uses so far
  - Charlotte Hall Library - 0 uses so far (issues with computer which are now fixed)
- There will be an opportunity to view the Lexington Park telehealth booth at the HSMP Annual Meeting on September 29!
- Make an appointment to use the telehealth booths by calling:
  - Charlotte Hall Library (301) 884-2211
  - Lexington Park Library (301) 863-8188

# Youth Mental Health Needs

- Next steps:
  - The team reviewed the focus group questions developed by the subcommittee.
  - An evaluator has been secured to help us with this project. The evaluator will help us to determine if we need to submit for IRB exemption/approval.
  - Once we finalize the IRB approval we will move forward with securing locations to hold upcoming focus groups (looking to hold focus groups before the end of the year). Ideas include:
    - Libraries
    - Neighborhood communities
      - Clubhouses
    - Willows Recreation Center
    - Facebook (virtually)
    - Pushing out information to parents through Peachjar

# Partner Spotlight

- Tammy Loewe presented on the new St. Mary's County Mobile Response Crisis Stabilization Services (MRSS)
- Mobile Crisis Response and Stabilization Services Request for Proposals (Deadline: October 17)

# Partner Updates

- Hope and Healing Psychotherapy, LLC is hosting Just Breathe - a breathwork circle - on September 23 at 6:00 p.m. Register [here!](#)
- The [1st Annual Walk for Recovery](#) is taking place on September 24 from 9-12 in Leonardtown. On Our Own of St. Mary's will be hosting a listening/sharing circle after the walk at their office.
- Serenity Place currently has openings for BCBS private insurance.
- Jess has an intern from Salisbury University School of Social Work that is currently reaching out to local providers to update St. Mary's College of Maryland Wellness Center's referral list for students. They have a company called Shrink Space helping them with referrals - **providers please check your emails for information on setting up your profile!** Contact [Jess](#) if you are interested in being added to Shrink Space and did not receive an email already!
- Empowered Connections' Bethesda office is now open!
- PRIDE SOMD is hosting this year's Pride celebration on October 9th, from 12:00pm to 4:00pm, at Lexington Manor Passive Park in Lexington Park. The theme this year is "History in Progress".
- SMCHD is offering a FREE Tobacco Cessation Class beginning September 27. Register [here!](#) Margaret will be doing some outreach to BH providers soon in regards to tobacco cessation.
- Gals Lead now has clubs at Spring Ridge Middle, Great Mills High, Leonardtown High, & the Lexington Park Library.

# Partner Updates

- The SMCPS school year has been busy so far. Robin is looking for resources for referrals for students. **If anyone has current openings please let her know!** All SMCPS staff members are required to complete gatekeeper training this year. They are looking to do student focused training as well.
- HSMP's VIT Action Team is hosting an ACEs Training on September 28 from 1-3 with Jennifer Feichtner and Stephanie Freeman co-hosting. Register [here!](#)
- Veterans, First Responders, Caregivers and family members can find a class for mindful resilience for trauma recovery and join at no cost here.  
<https://veteransyogaproject.org/veterans-2/>
  - Contact [Tiffany](#) if you are interested in being an instructor or hosting a class in your space!
- The Southern Maryland Out of the Darkness Walk is October 24 in Historic St. Mary's City. Register [here!](#)
- The HSMP Annual Meeting is Thursday, September 29. Register [here!](#)
- The Environmental Health Action Team is currently seeking input from community members on access to food locally.
  - Please help us spread the word by posting [this flyer](#) in your office and sharing with your clients!
  - Complete the survey [here!](#)

# Communications

- Submit event and news updates/information through
  - the website <http://healthystmarys.com/newsletter/>
  - or email [stmaryspartnership@gmail.com](mailto:stmaryspartnership@gmail.com)
- Follow HSMP on Social Media
  - Facebook: [Healthy St. Mary's Partnership](#)
  - Twitter: [@HealthyStMarys](#)

# Upcoming Meetings

- 2022 HSMP Annual Meeting - Thursday, September 29, 2022 from 8:30 a.m. - 4:00 p.m.
  - Register [here!](#)
- Friday, October 21, 2022 from 10:00 - 11:00 a.m.