



Behavioral Health Action Team Meeting

Friday, October 21, 2022

Agenda

1. Introductions
 2. Health Equity
 3. Telehealth Access
 4. Youth Mental Health Needs
 5. Partner Spotlight
 6. Co-Chair Nominations
 7. Partner Updates
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Attendance

- Maryellen Kraese - St. Mary's County Health Department (SMCHD)
- Michelle Turkaly - SMCHD
- Kristin Voto - SMCHD
- Amanda Leal - Serenity Place
- Christopher Shea - SMCHD
- Tori Poss - SMCHD
- Lolita Hope - St. Mary's College of Maryland (SMCM)
- Gregory Jones- St. Mary's County Teen Court
- Greg Reuss - American Foundation For Suicide Prevention
- Tiffany Daniel - CTLDomGroup
- Rob Elrod - MedStar St. Mary's Hospital
- Maegan Sapienza - Southern Maryland Community Network, Inc (SMCNI)
- Michelle Walter - SMCNI
- Kelly Muldoon - Empowered Connections
- Janiece Fredederick - SMCNI
- Alexis Higdon - St. Mary's County Sheriff's Office
- James McDaniel - Serenity Place
- Jourdan Cucinotta - SMCHD
- Jess Jolly - SMCM
- Anna Guy - Hope and Healing Psychotherapy, LLC
- Johnn Cave - SMCHD
- Robin Schrader - St. Mary's County Public Schools
- Brian Ayres - SMCHD

Health Equity

- Final review of the draft of the resource menu and of the Resources and Training Internal List
- Distribution Plan
 - Intent is to push to select community members
 - Possibly contact through HSMP by subject matter
 - Please take a look and let us know of any suggestions on distribution to underserved communities, community members. What is the best way to get this out to the community
 - Case managers should have this to share
 - Share with faculty/staff at local colleges and their wellness centers
 - Distribute to local VSO's, or directly with veterans
 - Distribute to parents of juveniles under 13 (PeachJar), push this out to juveniles getting released back to parents
 - Social media, printed materials
 - Department of Social Services
 - Willows Rec Center

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

**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
 - Any groups that we should present to about the telehealth booths?
 - Telehealth usage update
 - Lexington Park Library: Usage has been slow but is picking up in the last few weeks, 2-3 bookings/week; usage appears to be study-related so far
 - Charlotte Hall Library: One booking last month and two new bookings the week of Oct. 9
 - Review client experience follow-up survey
 - A draft was sent to the subcommittee on 10/13
 - Continue to work with Bill on creating directional cards and finalizing rack and share cards
- Maryellen is participating in a statewide meeting with a panel discussion on putting telehealth booths in all of the libraries in MD
- 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:
 - IRB proposal has been submitted
 - Once we finalize the IRB approval we will move forward with securing locations to hold upcoming focus groups with evaluator (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

- Greg Reuss (American Foundation for Suicide Prevention) presented on the Out of the Darkness Walks. View his presentation [here!](#)
- SOMD Out of the Darkness Walk [event details and registration](#)



Co-Chair Nominations

- It is election year for Action Team Co-Chairs.
- Please submit your nominations for Behavioral Health Action Team Co-Chairs [here](#).
- Elections will take place at our next team meeting, December 16.

Partner Updates

- CTLDOMGROUP is hosting a Mental Health First Aid training in January, will have flyers soon for this event. Looking to host a suicide prevention training for survivors with ASFP.
- SMCNI's Assertive community treatment program will start taking on clients the first week of November. Feel free to reach out about program details.
- Welcome to Lolita who is a case management team member at SMCM. SMCM has a new reporting process for clinical providers-please reach out to jljolly@smcm.edu to be put on a provider list.
- Severity of teen court cases have anecdotally increased.
- Greg Reuss partnered with OSHA for suicide prevention in workplace training.
- St. Mary's County Health Hub is now up and running, translation services, harm reduction, social workers coming in next couple of weeks, starting primary care work in December. Contact [Chris](#) for tours of the hub
- Brian Ayres completed a site visit this week in Waldorf, first participant in Older Adult Behavioral Health program.
- Hope and Healing Psychotherapy, LLC has a wellness workshop coming up, hocus focus wellness workshop. Next Friday they are hosting a breathwork for compassion workshop. Learn more [here!](#)
- Serenity Place is hiring 2 new clinicians.
- SMCSO offered a 40 hr crisis team training for LEO's about behavioral/mental health and training on crisis stabilization.
- Red Ribbon week is next week. SMCHD's Prevention Team has 10 schools slated for activities. Opioid emergency boxes to schools getting added this next week.

Communications

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

Upcoming Meetings

- Friday, November 18, 2022 from 10:00 - 11:00 a.m.