




Behavioral Health Action Team Meeting

Friday, November 18, 2022

Agenda

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

- Maryellen Kraese - St. Mary's County Health Department (SMCHD)
- Alexis Higdon - St. Mary's County Sheriff's Office
- Michelle Turkaly - SMCHD
- Stephanie Freeman - SMCHD
- Kristin Voto - SMCHD
- Tori Poss - SMCHD
- Jamie Kane - CalvertHealth Medical Center
- Nat Scroggins - Minority Outreach Coalition
- Nicole Barrows - SMCHD
- Tammy Halterman - Calvert County Health Department
- Joana Naranjo - SMCHD
- Jess Jolly - St. Mary's College of Maryland Wellness Center
- Jodi Gardiner - Maryland Coalition of Families
- Christopher Shea - SMCHD
- Michael Blackwell - St. Mary's County Library
- Brian Ayres - SMCHD
- Kelly Muldoon - Empowered Connections LLC
- Greg Reuss - American Foundation for Suicide Prevention
- Carolyn Cullison - On Our Own of St. Mary's County
- James McDaniel - Serenity Place
- Gregory Jones - St. Mary's County Teen Court
- Anna Guy - Hope and Healing Psychotherapy LLC
- Janiece Frederick - Southern Maryland Community Network
- Darlene Richburg - Southern Maryland Community Network
- Jacquie Wells - SMCHD
- Ashley Alhambra - Pathways, Inc.
- Robin Schrader - St. Mary's County Public Schools
- Cheri Reulet - MedStar St. Mary's Hospital
- Jennifer Foxworthy - Unstoppable You Ministries

Co-Chair Elections

- Per the HSMP Bylaws, you must be present at the meeting to vote.
- Action Team Co-Chairs will be announced in early December.

Health Equity

- The Resources & Trainings Menu is now available on the HSMP website.
 - Please continue to make edits/updates to the [Resources and Training Internal List](#) so that we are always connecting those who reach out with current resources.
- Please share the menu with your networks and with organizations in the community when you interact with them.
- Previous distribution sites discussed include:
 - Case managers
 - Faculty/staff at local colleges and their wellness centers
 - Local Veteran Service Organizations
 - Parents and juveniles getting released back to parents
 - Social media, printed materials
 - Department of Social Services
 - Willows Recreation 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

- Any groups that we should present to about the telehealth booths?
 - Please let us know if your organization would like a brief presentation about the telehealth booths.
 - Local Behavioral Health Authority
- Promotional campaign images
 - [Rack Card](#)
 - [Share Card](#)
 - Will be translating these to Spanish as well
 - These will be distributed to providers once printed versions come in.
 - Please reach out to [Maryellen](#) if you are interested in receiving printed versions.
- Maryellen is working on creating a wrap for the booths so that they stand out more and has grant funding to potentially expand and put at booth at the Leonardtown Library.
- Maryellen provided an update on the panel discussion she participated in on putting telehealth booths in all of the libraries in MD. The presentation went well and there is interest across the state in implementing the booths.
- 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

- IRB proposal to hold focus groups with middle school age youth and their parents about youth mental health needs has been submitted and we are awaiting approval.
- Once we receive IRB approval we will move forward with securing locations to hold upcoming focus groups with evaluator. Ideas include:
 - Libraries
 - Neighborhood communities
 - Clubhouses
 - Willows Recreation Center
 - Facebook (virtually)
 - Pushing out information to parents through Peachjar
- Jacquie provided an overview of the packet that the VIT Action Team has been working on - [“Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians”](#).
 - The VIT Action Team is finalizing the packet now including getting it translated in Spanish, creating a digital version, and getting it printed. An announcement will come out when it is available!

Partner Updates

- Hope and Healing Psychotherapy thanks you those who participated in their wellness workshops. They will be starting these back up in the new year.
- SMCHD Behavioral Health Older Adult Care Coordination program is currently reviewing the referral list for their program. Last month they had their first client who will be moving into assisted living in early December.
- The American Foundation for Suicide Prevention thanks those who participated in the Out of the Darkness Walk last month - it was a great success!
- AFSP is hosting a virtual International Survivors of Suicide Loss Day event tomorrow.
- Teen Court has seen an increase in number and severity of juvenile cases reported to them. Cases that they have are booked through February of next year.
- Maryland Coalition of Families has had an increase of requests for family peer support but having issues with long waitlists and accessibility of care. They are also seeing an increase in need and requests for social skills training/support. If you have any resources that you can share please contact [Jodi](#).
- Empowered Connections has a new office in Bethesda and they are looking for more clinicians.
- SMCHD has distributed 66 opioid emergency boxes so far. Once St. Mary's College of Maryland (SMCM) gets theirs we will be at 106 available throughout the community. They are currently available in all public schools.

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- Pathways' employment program is currently accepting referrals. They are currently hiring for several positions including positions in their clinic for therapists and for their clinic director.
- St. Mary's County Public Schools continue to experience very high levels of mental health concerns in students, also increase in severity of cases. George Washington Carver has been identified as a community school and received funding which is supporting hiring 2 dedicated social workers.
- SMCHD & the St. Mary's County Library are partnering to offer a virtual panel event that focuses on ACES & incarceration on November 29 from 5:30 - 7:15 p.m.
- Red Ribbon Week went well. The SMCHD Prevention Team was in 10 elementary schools and saw over 5,000 kids during the week. The team also started offering sober activities at SMCM. The silent disco was a great success! They will be offering a drunk driving simulator in January.
- The Chronic Disease Action Team developed the Eat, Live, and Be Healthy Wellness Challenge Toolkit so that you'll have everything you need to kickstart a wellness challenge in your workplace or organization!
- Be on the lookout for the release of the 2022 St. Mary's County Food Security Report at the end of this month/beginning of December and the release of HSMP's annual Community Health Improvement Plan update.

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, January 20, 2022 from 10:00 - 11:00 a.m.
 - We will not be meeting in December as previously planned.
 - Have a wonderful holiday season!