

Behavioral Health Action Team Meeting

Friday, January 20, 2023

Agenda

1. Introductions
2. New BHAT Co-chairs
3. 2023 Brainstorming
4. Partner Updates

Attendance

- Kristin Voto - St. Mary's County Health Department (SMCHD)
- Tiffany Daniel - CTLDomGroup
- Rob Elrod - Medstar St. Mary's Hospital
- Jess Jolly - SMCM Wellness Center
- Maryellen Kraese - SMCHD
- Shan Chen - SMCHD
- Michelle Turkaly - SMCHD
- Robin Hollar - Medstar Health Care Transformation Organization
- Lolita Hope - St. Mary's College of Maryland
- Ali Wohlgemuth - SMCHD
- Stephanie Freeman - SMCHD
- Tori Poss - SMCHD
- Anna Guy - Hope and Healing, LLC
- Jacquie Wells - SMCHD
- Jesse Taylor - SMCHD
- Alexandra Rhea - Southern Maryland Community Network
- Robin Schrader - St. Mary's County Public Schools
- James McDaniel - Serenity Place LLC
- Madison Mansfield - St. Mary's County Public Schools
- Jaime Barnes - SMCHD
- Amy Young - Maryland Coalition of Families
- Jennifer Foxworthy - Unstoppable You Ministries, Inc
- Amanda Leal - Serenity Place, LLC
- Greg Reuss - American Foundation for Suicide Prevention
- Joana Naranjo - SMCHD (Improved Pregnancy Outcomes)
- Chris Shea - SMCHD
- Kelly Muldoon - Empowered Connections
- Natalie Transue - Fleet and Family Support Center
- Trisha Post - Willows Recreation Center

Welcome, New BHAT Co-chairs!



Jess Jolly, M.S.W., LCSW-C (she/her) is a licensed clinical social worker who has been serving the Southern Maryland community for over a decade, primarily in the area of behavioral health. Throughout her career, Jess has worked with both youth and adults from diverse backgrounds and populations, providing individual and group therapy modalities within residential and outpatient settings. Jess is passionate about advocating for equitable and accessible behavioral health services. She is a past board member of the National Association of Social Workers Maryland Chapter.



Christopher Shea, MA, CRAT, CAC-AD, ADS, LCC, is the Program Manager for the St. Mary's County Health Hub, and adjunct professor at McDaniel College's Graduate School of Counseling. Christopher is a published author who also presents at seminars and conferences across the country. During his 30 year tenure in the counseling field as a clinician and executive, he oversaw the implementation of treatment program modalities, integrating evidence-based treatments to promote lifelong recovery, and strategically collaborated with policymakers and planners on the State and Federal levels in the areas of health care and mental health services. Prior to his time as a counselor, he was a hospital chaplain and spiritual retreat leader. He is the co-chair of the Behavioral Health Action Committee of the St. Mary's County Health Department. He serves on the national NAADAC Public Policy Committee, is the immediate past President of the Maryland affiliate of NAADAC, and the immediate past chairman of the Board of Directors of NCADD-MD.

2023 Brainstorming

- What organizations are missing from the action team?
- What would make the BHAT meetings more beneficial for you?
- What specifically are you passionate about related to Behavioral Health?
- Identify 2023 areas of interest
 - Areas of interest, strategies

What organizations are missing from the action team?

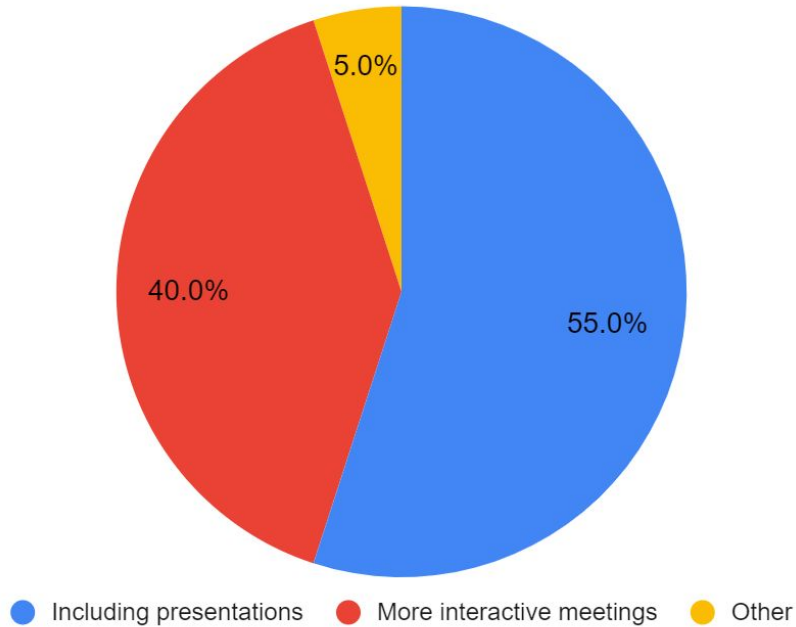
The team suggested the following organizations and possible points of contact:

- Parole & Probation
- CSM
- County Government representation
- Drug court
- NAACP
- St. Mary's County Sheriff's Department
- Local Elected Officials staff
- Maryland nonprofits
- Local government agencies
- Family Court
- More mental health providers in the community
- PFLAG
- Department of Juvenile Services
- County Commissioners
- Maryland Coalition of Families
- Social Services
- Child Protective Services
- Southern Maryland Center for Family Advocacy



Students, write your response!

What would make the BHAT meetings more beneficial for you?



The team also discussed the following:

- Holding regular Partner Spotlights
 - If you are interested in presenting for our monthly Partner Spotlight, please fill out [this form!](#)
- Discussing high risk patient/individuals in the community
- Discussion on cannabis
 - Every brain matters
 - SMHCD's Policy Analyst will develop a policy brief on the proposed cannabis bill
- Discussion on drugs and alcohol



What specifically are you passionate about related to Behavioral Health?

- Accessibility, equality, affordably
- Putting pressure on the county commissioners to find ways to bring more providers to the area
- Making change
- Children and teen mental health
- Suicide prevention
- Workplace violence
- Making sure that individuals are able to access treatment and care in a timely manner
- Continued education about substance use, especially for adolescents
- Linkage to care
- Mental health awareness and suicide prevention
- Movement and autoimmune disease
- Helping out those who are in crisis or feel lost
- Youth and resources, dating violence, sex trafficking
- Equity and suicide prevention
- Access to services
- Connection between behavioral health and access to basic needs (i.e. nutrition, medical care, etc)
- Children and adolescents
- Impacts of internet/social media
- Accessing services
- The ability to see progressive growth within a client reach a status they did not think was obtainable
- Helping people feel connected and less alone/isolated
- Co-occurring disorders
- Vaping
- Trying to educate others on overcoming the stigma of mental health



Students, write your response!

Identify 2023 Areas of Interest - CHIP Objectives

The team voted on their top 3 areas of interest from the Behavioral Health Objectives in the Healthy St. Mary's 2026 Community Health Improvement Plan. The top 3 areas of interest are highlighted below.

Reduce emergency department (ED) visits related to behavioral health conditions.	(Developmental) Reduce the long-term effects of the COVID-19 pandemic on mental health.	(Developmental) Increase access to telehealth behavioral health services.
Reduce misuse of drugs and alcohol.	Reduce the number of emergency petitions (EPs) that need to be made by the St. Mary's County Sheriff's Office (SMCSO).	(Developmental) Monitor those with a behavioral health condition that utilize social services.
(Developmental) Reduce the number of individuals who are scheduled for behavioral health services with local clinicians but never engage.	(Developmental) Reduce health inequities related to behavioral health conditions and treatment.	



Identify 2023 Areas of Interest - CHIP Strategies

The team voted on their top 3 areas of interest from the Behavioral Health Strategies in the Healthy St. Mary's 2026 Community Health Improvement Plan. The top 3 areas of interest are highlighted below.

Promote healthy coping mechanisms and preventative care and screenings for mental health.	Increase awareness of local behavioral health resources and programs.	Conduct asset mapping and gap analysis of local behavioral health services.
Collect qualitative input and conduct analysis on the impacts of the COVID-19 pandemic on mental health.	Support targeted case management for priority populations within social services.	Increase peer support in the community.
Identify local baseline for those who are scheduled for services but do not engage.	Decrease stigma associated with behavioral health through communications campaigns, public outreach, and anti-stigma training.	Provide cultural competency training for clinicians.
Support education around language disparities, health literacy, and health equity.		



2023 Brainstorming (continued)

- **Action Item:**
 - Review the priority areas/strategies identified during the meeting and research evidence-based practices and innovative ideas for trainings, events, and programs that can be implemented by the action team in 2023.



Partner Updates

- Maryland Coalition of Families is sponsoring “[Family Day in Annapolis](#)” on February 2, a day where individuals/families can make appointment with their legislator to discuss where they want to see change. This is a great opportunity to get to know legislators. Transportation is free. [Register](#) by January 26.
- AFSP is holding its [Stronger Communities: LGBTQ Suicide Prevention](#) conference on March 7 at UMBC for community partners. There will be speakers from across the country in academia and from The Trevor Project. CEUs are available! Registration is \$25.
- SMCHD has just released a new [Health Data Dashboard](#). SMCHD recently put out a public health advisory for everyone to be aware of rising rates of COVID-19, respiratory syncytial virus (RSV) and influenza and to take preventive measures to avoid contracting and spreading these illnesses. [Testing](#) and [vaccine appointments](#) are available at the St. Mary’s County Health Hub.
- The Health Hub is now open and functioning! [Crisis stabilization](#), [harm reduction](#), [community mediation](#) and behavioral health services are available. Primary care is provided by Greater Baden. Legal expungement clinics are happening monthly. Currently looking for a licensed child counselor, social worker. Feel free to refer people to [Chris Shea](#).
- SMCHD’s Behavioral Health Division sent out a training opportunity for OB medication for licensed clinicians - Jan 30th 8-4pm. CEUs available! There are many opportunities open; BH is looking to hire an adult coordinator, peer coordinator soon!
- Fleet & Family Services has one clinician position open. There are lots of workshops coming up for [January](#) and [February](#), including [February teen dating violence events](#). Classes are open to anyone with base access.
- St. Mary’s College of Maryland’s Peer Health Educator program has returned; student interns are helping to promote healthy habits and tabling at community events.
- CTLDomGroup is looking to hold a compassion fatigue training course in March for caregivers/veterans/etc. They are raising funds now for a scholarship. Stay tuned for a flyer to come in the near future!

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, February 17, 2023 from 10:00 - 11:00 a.m.
 - February Partner Spotlight: St. Mary's County Health Hub
 - Interested in being in our Partner Spotlight? [Sign up here!](#)