



# Behavioral Health Action Team Meeting

Friday, February 17, 2023

# Agenda

1. Introductions
2. BHAT Word Cloud
3. 2023 Brainstorming
4. Partner Spotlight
5. HSMP Evaluation Survey
6. Partner Updates

# Introductions

- Alexis Higdon - St. Mary's County Sheriff's Office
- Michelle Turkaly - St. Mary's County Health Department
- Shan Chen - St. Mary's County Health Department
- Michael Blackwell - St. Mary's County Library
- Aniko Renee - Seedco
- Christopher Shea - St. Mary's County Health Department
- Janiece Frederick - Southern Maryland Community Network
- Stephanie Freeman - St. Mary's County Health Department
- Ali Wohlgemuth - St. Mary's County Health Department
- Lolita Hope - St. Mary's College of Maryland
- V. Elena Bell - St. Mary's County Health Department
- Barbara O'Neal - Commission on Aging
- Anna Guy - Hope and Healing Psychotherapy, LLC
- Jean Copperharmon - The Mission
- Maryellen Kraese - St. Mary's County Health Department
- Tori Poss - St. Mary's County Health Department
- Greg Reuss - American Foundation for Suicide Prevention
- Robin Schrader - St. Mary's County Public Schools

“What specifically are you passionate about related to behavioral health?”



## 2023 Brainstorming

- Last month, the team voted on its top 3 areas of interest from the Behavioral Health objectives (Healthy St. Mary's 2026 CHIP). These are:
  - *Reduce ED visits* - Reduce emergency department (ED) visits related to behavioral health conditions.
  - *No Shows* - Reduce the number of individuals who are scheduled for behavioral health services with local clinicians but never engage.
  - *Health Equity* - Reduce health inequities related to behavioral health conditions and treatment.
- This month, the team participated in a brainstorming session using Google Jamboards focusing on the question “What trainings, events, and programs can be implemented by the action team in 2023 for each of the chosen objectives?”

# 2023 Brainstorming (continued)

## Reduce ED Visits

- The team brainstormed and discussed the following ideas:
  - Enhance programs at the Health Hub
  - Provide post ED visit care and/or refer them out for local help
  - Education and prevention in the schools on mental health and suicide
  - Mental Health Court
    - Mental Health Court St. Mary's County Report and Recommendations, November 2020
  - Providing education on other mental health services covered through the MD Health Benefit Exchange. Telehealth, free services, affordable prescription meds, etc.
  - Having clinicians and medical staff to provide clinical judgements
  - Already doing - review of policy and procedures periodically
  - Already doing - follow up with all Emergency Petitions law enforcement brings to the ED to offer resources
  - Already doing - weekly co-responder rides with law enforcement officer and clinician to provide a more clinical determination whether an ED visit is necessary
  - We utilize safety plans to empower patients and their support systems to use coping skills first and list signs of when an ED visit is necessary after coping skills do not work
- Will reach out to justice dept to see if there was interest in Mental Health Court
- Will continue this discussion at the March meeting

# 2023 Brainstorming (continued)

## No Shows

- The team brainstormed and discussed the following ideas:
  - Follow up when they don't show to determine the reason and come up with a solution for them to show
    - Wellness checks and/or follow-up from provider/outreach worker to find barriers to care
  - Inquiry and linkage to services upon scheduling appointments
    - Coordinate with programs that provide transportation
  - Trying to build trust as a minority community member to our community members who need help
    - Doing outreach in the black community & establish a personal ally
  - Insurance deductibles and out of pocket expenses tend to be the largest barrier to attending services that we see. Stigma of engaging in mental health care is an additional barrier.
  - Psychiatric rehabilitative services
- The team discussed developing a program where providers send a follow up letter in the mail with an uplifting and personal message, stating the provider is there when they are ready to be seen.

## 2023 Brainstorming (continued)

- Health Equity
  - The team will continue brainstorming on this topic at the next meeting (March 17).



# Partner Spotlight

- Chris Shea presents St. Mary's County Health Hub: Advancing Equity and Wellness



# Partner Updates

- The American Foundation for Suicide Prevention (AFSP) shared its Legislative Priorities in Maryland's 2023 issue brief.
- Greg Reuss (AFSP) shared the U.S. Department of Veterans Affairs Emergency Suicide Care and Treatment Fact Sheet.
- St. Mary's County Sheriff's Office (SMCSO) holds annual crisis intervention team training for officers, consisting of three 40-hour trainings, focusing on different mental health diagnoses and treatment. Law enforcement officers engage in role-playing situations, and are consistently being trained to interact with individuals in mental health crises. SMCSO has partnered with multiple outside agencies.
- St. Mary's College of Maryland (SMCM) is hosting the Environmental Studies talk, "Failing Our Children is not an Option! Combating Climate Change, Harmful Chemical Exposures, and Environmental Injustice is Necessary for the Health and Well-Being of Current and Future Generations" on Thursday, February 23 at Hilda Landers Library and Archives Room 321. View the flyer here!

# HSMP Evaluation Survey

- Ali developed a survey for HSMP's evaluation plan
  - Please take a moment to complete - it takes 5 minutes or less!
- Once we have the results in, Ali will be reaching out to some of the BHAT members for interview.

# 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

- Friday, March 17, 2023 from 10:00 - 11:00 a.m.
- March Partner Spotlight: Stella's Girls
  - Interested in being in our Partner Spotlight? [Sign up here!](#)