



# Behavioral Health Action Team Meeting

Friday, March 17, 2023

# Agenda

1. Introductions
2. HSMP Evaluation Survey
3. Reduce ED visits
4. No Shows
5. Health Equity
6. Partner Updates

# Introductions

- Shan Chen - St. Mary's County Health Department
- Taylor Nickerson - St. Mary's County Health Department
- Greg Reuss - American Foundation for Suicide Prevention
- Rebecca Bowles - St. Mary's County Health Department
- Maryellen Kraese - St. Mary's County Health Department
- Christopher Shea - St. Mary's County Health Department
- Melissa Foster - Southern Maryland Community Network
- Jacqui Grantland - Inner Peace Therapeutic Services, LLC
- Jacqueline Wells - St. Mary's County Health Department
- Michelle Turkaly - St. Mary's County Health Department
- Jesse Taylor - St. Mary's County Health Department
- Robin Schrader - St. Mary's County Public Schools
- Stephanie Freeman - St. Mary's County Health Department
- Natalie Russell - Fleet & Family Support Center
- Jamie Kane - Calvert Health Medical Center
- Maryanna Lanham - Dream Queen Foundation
- Rob Elrod - MedStar St. Mary's Hospital
- Jessica Jolly - St. Mary's College of Maryland
- Melaina Pitta - Pyramid Healthcare
- James McDaniel - Serenity Place LLC
- Gregory Jones - St. Mary's County Teen Court
- Alexis Higdon - St. Mary's County Sheriff's Office
- Tori Poss - St. Mary's County Health Department
- Anna Guy - Hope and Healing Psychotherapy, LLC

# 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.

# Reduce ED Visits

- The team brainstormed and discussed the following ideas at the last meeting:
  - 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 continue this discussion at the April meeting

# No Shows

- 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.
  - Funding
    - Postage
    - Stationary (blank notecards & envelopes)
  - Content development
    - “We’re here when you’re ready.”
    - Editable template
      - Will start with a standard letter format, with the option to add a personalized letter, business card or logos later
  - Objectives
    - Try to figure out why there are no-shows in the first place
    - Differentiate between missed in-person and telehealth appointments
  - Launching a pilot program
- Survey the community to gain a better understanding of why people are not showing up for their appointments
  - Shan created [this brief survey](#). Please help share!
- Can reach out to STS regarding results from their rider feedback form

# Health Equity

- The team discussed the following ideas:
  - Provider retention and incentives in rural areas
  - Offer a direct line that is strictly for questions not attached to the main ED waiting room
  - Provider training to providers on cultural competence and do surveys to assure their knowledge
  - Eliminate waitlists for Medicaid/Medicare clients
  - Proactive outreach by stakeholders
  - Find ways to get more behavioral providers to accept Medicaid/Medicare. Also there are no mental health providers on Great Mills Road
  - Community education regarding continuity of care options
  - Caring contact - follow-up communication
  - Anonymous and confidential screening and assessing alternatives
  - Region V Public Health Training Center offers a great self-paced course on Healthy Equity & Racial Justice in Public Health that is free
- The team will continue this discussion at April's meeting

# Partner Updates

- If you are in need of the following printed materials, please [reach out to Maryellen](#) and she can have them delivered to you.
  - Telehealth booth [rack card](#) and [share card](#) (English & Spanish versions available)
  - [Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians](#) (English & Spanish versions available)
- Serenity Place, LLC is hosting “The Banana Splits,” a weekly [youth support group](#) to help children navigate the challenges of parental separation and divorce. The first meeting is on April 25th at The Church of the Ascension from 5:30-6:30pm. Participants do not need to be a client of Serenity Place.
- Serenity Place, LLC has openings and is accepting applications from individuals with BlueCross/Blue Shield, Tricare, Cigna, Medicaid, Aetna and other employer-based insurances.
- St. Mary’s County Health Department’s Go Purple Program is hosting a talk on March 29 from 7-9 p.m. at St. Mary’s College of Maryland featuring celebrity guest speaker Brandon Novak. Brandon Novak’s “Recovery is Possible” talk addresses substance use disorder and the stigma that often follows those suffering from this illness. Register for the free event [here](#).
- [Dream Queen Foundation](#) is hosting [2023 Gals Lead Weekend Experience](#), a 2-day trip from April 22-23 that focuses on career and leadership development for teenage girls. Transportation is provided and space is limited. There are 10 tickets available - first come first served. [Contact Maryanna Lanham](#) for more information.
- Fleet & Family Support Center has shared its [April 2023 Workshop & Event Schedule](#). Contact [Natalie Russell](#) for more information.
- [Rock With Me](#), a community concert, will be held at the Veterans of Foreign Wars (VFW) Post 2632 on April 8. There will be live music and food trucks on site. All proceeds will benefit the American Foundation of Suicide Prevention.

# 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, April 21, 2023 from 10:00 - 11:00 a.m.
- Interested in being in our Partner Spotlight? [Sign up here!](#)