



BHAT Family Education Subcommittee Meeting

June 7, 2023

Agenda

- Attendance
- Subcommittee Structure
- Parent Resources - “The Menu”
- Strategies
- Next Meeting

Attendance

- Nathaniel Scroggins
- Greg Reuss
- Rebecca Bowles
- Taylor Nickerson
- Robin Schrader
- Shan Chen
- Jessica Jolly
- Chris Shea
- Maryellen Kraese
- Kelsey Bush

Subcommittee Structure

Chair of subcommittee: TBD

Co-chair of subcommittee: TBD

Who is not represented?

- Law enforcement (POC: Alexis Higdon) - *Rebecca
- Executive member of PFLAG (POC: Paul Quade) - *Jessica
- Clergy representative - (POC Greg Syler, POC: Church of Ascension) - *Kelsey
- The Cove - *Jessica
- EMS (POC: Amy Bledsoe) - *Taylor N.
- Parent Support Groups, such as PABA - *Jessica
 - Peer support groups
- Fleet & Family Support Center (POC: Michelle Adams, director) - *Rebecca

** = will reach out to POC*

Parent Resources - “The Menu”

- **Programs/Trainings**
 - QPR - similar to mental health first aid training, but shorter. Skills can be used with youth but also applies to adults.
 - Talk Saves Lives training from AFSP
 - Gizmo (for ages 4-11)
 - It’s Real: Teens and Mental Health (14-18)
- **Educational Videos**
 - It’s Real: Mental Health for Junior & Seniors (College-aged) - 17 min.
- **Resource Guides**
 - Parent Resource Guide - “Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians”
- **Media Campaigns**
 - R U Ok? resources
- **Developing a Parent Help Line**

Strategies

- Prevention - providing the resources today to prevent an ED visit tomorrow
- Removing stigma - normalizing “the talk”
- Continuity of Care - providing guidance for navigating the system
- Teaching parents how to support their children when they are young to build a strong foundation and resilience
 - Conscious Discipline in school
- How do we get people to want to accept the information we are giving away?

Next Meeting

- Wednesday, June 21 from 9:00am - 10:00am