



BHAT Family Education Subcommittee Meeting

June 21, 2023

Agenda

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

Introductions

- Nathaniel Scroggins
- Greg Reuss
- Shan Chen
- Taylor Nickerson
- Jessica Jolly
- Christopher Shea
- Kelsey Bush
- Robin Schrader
- James McDaniel
- Maryellen Kraese
- Natalie Russell

Subcommittee Structure

Chair of subcommittee: Kelsey Bush

Co-chair of subcommittee: Jessica Jolly

Who is not represented?

- Law enforcement (POC: Alexis Higdon)
- Executive member of PFLAG (POC: Paul Quade)
- Clergy representative - (POC Greg Syler)
 - Not in attendance today, but will be able to attend future meetings
- The Cove (no response, will follow up)
- EMS (POC: Quinn A.)
 - Not in attendance today, but will be able to attend future meetings
- Parent Support Groups, such as PABA
 - Peer support groups, Mentoring programs - Chris to reach out
- Dept. Juvenile Services (Anne Combs) - will follow up with email
- Dept. of Social Services, Child Protective Services - Megan R.
- Recreation & Parks (coaches and adults involved in programs) - POC Christi Bishop - Shan to reach out

Parent Resources - “The Menu”

- **Programs/Trainings**
 - QPR Training
 - Talk Saves Lives training from AFSP
 - Gizmo (for ages 4-11), It’s Real: Teens and Mental Health (14-18)
 - Continue promoting existing resources; Promise Resource Center
- **Educational Workshops**
 - It’s Real: Mental Health for Junior & Seniors (College-aged) - 17 min video
 - Hosting an online and in-person workshop on how to help with anxiety in children and adults
- **Media Campaigns**
 - R U Ok?
- **Developing a Parent Help Line, Resource Guides**
 - Charlie Health has free Monday Parent/Caregiver Support Groups and information on its Family Support Programs (IOP)
 - Parent Resource Guide - “Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians”
 - AAP & AFSP’s Suicide Prevention: A Resource Guide Parents & Caregivers, Teens
- **Peer Recovery Specialists**

Strategies

- Prevention - providing the resources today to prevent behavioral outbursts or an ED visit tomorrow
 - Targeting the “post-Covid” student
- Removing stigma - normalizing “the talk”
- Focusing on the continuity of care
- Teaching parents how to support their children when they are young to build a strong foundation and resilience
- How do we get people to *want* to accept the information we are giving away?
- Identifying barriers (such as waitlists), looking at models and how they overcome their challenges
 - **Action item:** Review successful models
- Developing “Community centers” - SMC Health Hub, Church of Ascension
 - **Action item:** identifying other community centers in south, middle, and north portions of the county where people can meet & gather
- Focusing on parent self-care (no parent-blaming)

Next Meeting

- Wednesday, July 5th from 9:00am-10:00am