



BHAT Family Education Subcommittee Meeting

July 5, 2023

Agenda

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

Introductions

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Subcommittee Structure

Chair of subcommittee: Kelsey Bush

Co-chair of subcommittee: Jessica Jolly

Who is represented?

- Minority Outreach Coalition
- American Foundation for Suicide Prevention
- St. Mary's College of Maryland
- St. Mary's County Public Schools
- St. Mary's County Health Department
- St. Mary's County Sheriff's Office
- A faith-based champion
- Dept. of Juvenile Services

Who Is Not Represented?

Organization	Point of Contact	Status
Law Enforcement (SMCSO)	Alexis Higdon	Invited - confirmed attending
Faith-based Champion	Greg Syler	Invited - confirmed attending
Dept of Emergency Services	Quinn A.	Not able to attend today, but is able to attend future meetings
Mentoring Groups at St. Mary's County Health Hub		Chris Shea - follow up?
Dept. of Juvenile Services	Anne-Marie Combs	Invited - confirmed attending
Dept. Social Services, CPS	Alexis Zoss	Unable to commit due to staffing shortage
Recreation & Parks (coaches & adults)	Christi Bishop	Shan emailed Christi on 7/17, email has been forwarded to director & deputy director

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 (High Schoolers) - 17 min video
 - Implementation: St. Mary’s Health Hub? In Partnership with the schools
 - Video can be shown with a facilitator present
- Hosting an online and in-person workshop on how to help with anxiety in children and adults
- Getting clearance with the schools to offer it in the Fall or Spring
 - Rigorous approval process to bring curriculum related programs into school for students. Consider doing something outside of the school.
 - Anything schoolhouse related, Fall is not feasible
 - SOS (Signs of Suicide), SEL (Social Emotional Learning) programs for students are being rolled out in the Fall, Gizmo for Elem-school kids

Parent Resources - “The Menu” (continued)

- **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**

Action items: In the next couple of meetings, we will be identifying Target groups (top 5-10 groups) that we wish to reach in the Fall and Spring, and working through our plan to deliver parent resources

Something feasible that we can deliver in the Fall: Virtual parent support groups, such as Charlie Health’s Monday Parent/Caregiver Support Groups.

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
 - College of Southern Maryland, Public libraries
- Focusing on parent self-care (no parent-blaming)
- Utilizing iMind mental health response services for data collection and identifying trends within the community

Next Meeting

- Wednesday, July 19th from 9:00am-10:00am