



# **BHAT Family Education Subcommittee Meeting**

August 2, 2023

# Agenda

1. Introductions
2. Subcommittee Members & Representation
3. Parent Resources - “The Menu”
4. Strategies
5. Updates
6. Next Meeting

# Introductions

- Kelsey Bush
- Greg Reuss
- Nat Scroggins
- Shan Chen
- Alexis Higdon
- Natalie Russell
- Maryellen Kraese
- Christopher Shea
- Taylor Nickerson

# Subcommittee Members & Representation

The Subcommittee continues its ongoing efforts to recruit new members.

<b>Organization</b>	<b>Point of Contact</b>	<b>Status</b>
Dept. of Emergency Services	Quinn A.	Was not able to attend today's meeting, but is committed to attend future meetings
Stella's Girls at St. Mary's County Health Hub	Breayana Henry	Chris Shea spoke with Breayana who expressed interest in attending. He will be following up with her this week.
Recreation & Parks (coaches & adults)	Christina Bishop	Shan will follow up with director & deputy director today (8/2)
College of Southern Maryland	Jennifer Fossell	Expressed interest. Shan will follow up with Jennifer today (8/2).
YMCA		Will consider in the future once established
Boys & Girls Club	Seeking a POC	Reach out to Kelsey Bush with any leads

# Parent Resources - “The Menu”

## Programs/Trainings

- [QPR Training](#)
- [Talk Saves Lives](#) training from AFSP
- [Gizmo](#) (ages 4-11), [It's Real: Teens and Mental Health](#) (ages 14-18)
- Continue promoting existing resources; [Promise Resource Center](#)

## Educational Workshops

- [It's Real: Mental Health for High School Junior & Seniors](#) as well as College-aged students - 17 min video
  - Video should be shown with a facilitator present
  - Implementation - St. Mary's Health Hub or in partnership with the schools?
- Suggestion: Hosting an online and in-person workshop on how to help with anxiety in children and adults
  - Getting clearance with the schools
  - There is a rigorous approval process to bring curriculum related programs into school for students. Consider doing something outside of the school.
- Fall is not a feasible deadline for anything schoolhouse related
- [SOS](#) (Signs of Suicide), [SEL](#) (Social Emotional Learning) programs for students are being rolled out in the Fall, [Gizmo](#) for Elementary-schooled kids

## Media Campaigns

- [R U OK? Suicide Prevention Campaign](#)

## Peer Recovery Specialists

### Developing a Parent Help Line, Resource Guides

- [Charlie Health](#) has free [Monday Parent/Caregiver Support Groups](#) and [Family Support Programs \(IOP\)](#)
- Youth Mental Health Project offers [Virtual Support Groups for Parents](#)
- [“Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians”](#)
  - Modify language to add the new Warmline number
- AAP & AFSP's Suicide Prevention Resource for [Parents & Caregivers](#) and [Teens](#)
- Warmline & iMind's ([Mobile Response Services](#))
  - *To contact the Mobile Response Team direct dispatch number, call 301-900-HELP.*
  - *Call the Warmline at 410-768-5522.*

# Parent Resources - “The Menu” (continued)

## **Action items:**

- Website landing page (QR code to link to this), One-pager
  - Deadline - August 23, when students return to school
  - Health Hub as a place for this resource
- Target groups
  - Elementary school-aged children
  - Middle and high school, and beyond (college)
  - School groups (homeschool, private, and virtual schools)

## **Looking Ahead and Planning**

- Think of ways to pitch this idea, an “elevator pitch” on how to present this resource.
  - Maryellen’s shared her team’s strategies
    - Test their skills, knowledge of available resources, asking questions like, “Do you know the 3-digit code for crisis services?” “Have you heard of R U Ok?”
- September: Suicide Prevention Awareness Month
- March: Mental Health Awareness Month

Another feasible item that we can deliver in the Fall: Virtual parent support groups, such as Charlie Health’s [Monday Parent/Caregiver Support Groups](#).

# Parent Resources - “The Menu” (continued)

## Important Discussion

- The team discussed the lack of access to schools for public health outreach. Previously it was easy for SMCHD to share information at the schools, but it has become more difficult to access students/parents.
  - Consider doing outreach at SMCPS Back to School events (August 21)/Rising Freshmen/Open Houses to share this information. Also include home, private, parochial schools, and other types of schools
  - Discussion on the need to loop in higher levels of the committee structure (HSMP Steering Committee, Dr. Brewster)
  - BHAT will include this discussion at its next meeting (August 18)

# Strategies

- Teaching parents how to support their children when they are young to build a strong foundation and resilience
  - Providing the resources today to prevent behavioral outbursts or an ED visit tomorrow
  - Removing stigma and normalizing “the talk”
  - Focusing on parent self-care (no parent-blaming)
- Focusing on the continuity of care
- Thinking of ways to persuade families to want or accept the information that is being given away. Consider cultural backgrounds, cultural norms, an individual’s lived experience.
- Identifying barriers (such as waitlists, shortage of providers) and looking at successful models to see how others overcome their challenges
  - **Action item:** Continue to research and review successful models
    - Child Guidance Resource Center in Philadelphia
- Identifying “Community Centers” within the county, such as St. Mary’s County Health Hub, The Church of Ascension, where people can meet & gather
  - Other community centers in the south (Ridge?), middle, and north portions of the county
    - College of Southern Maryland, Public libraries, Community Center in Oakville (Back to School event?), The Promise Resource Center
- Utilizing iMind mental health response services for data collection and identifying trends within the community

# Updates

- National Night Out was a successful event last night (August 1) in the Wildewood and Nicolet Park neighborhoods
  - Maryellen reported that people in the community are more open to receiving narcan at the event (compared to last year) and are open to having conversations about behavioral health and resources!

## Next Meeting

- Our next meeting (August 16) has been cancelled.
  - The next meeting will be August 30 from 9:00-10:00am!
- Please reach out to Shan Chen if you have questions, concerns, or would like to share updates!