



Behavioral Health Action Team Meeting

Friday, October 20, 2023

Agenda

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

Introductions

- Welcome! Please take a moment to [sign-in](#).

Reduce ED Visits

- During the HSMP Annual Meeting's interactive planning session, meeting attendees worked together on a poster focusing on reducing ED visits for mental health and pandemic mental health recovery. Find notes from all of the projects from the planning session here.
- The Family Education Subcommittee updates:
 - “The Menu” landing page and one-pager were shared and the team provided feedback.
 - **Action Item:** Aniko and Shan will have the one-pager translated into Spanish.
 - **Action Item:** Aniko & Shan will move the helpline resources to the top of the webpage.
 - Email Shan if you'd like a meeting invite for this subcommittee!
- Mental Health Court Subcommittee updates:
 - Maryellen, Kristin, and Shan developed an outline for the 2023 Mental Health Court Report.
 - We are recording data from behavioral health providers and is being recorded on a Google Sheet. We have sent newly obtained data to SMCHD's Epi team to compare it with the data from 2020's report.
 - Maryellen and Barbara have been in touch with some local judges.
 - The next meeting is on November 2. Email Shan if you'd like an invite!

No Shows

- The Client Letter For Providers has been translated to Spanish!
 - Rolling out the letter:
 - **Action Item:** Reach out to Tammy to have the letter sent to local providers.
 - We will develop a survey to see if implementation of the letter is helping clients to connect, and to track how they are being used.
 - The team considered the month of January for a follow-up and review with providers.

Health Equity

- Providing training and education to providers (private practices)
 - Healthy Equity & Racial Justice in Public Health
 - Training on running a behavioral health clinic as a business
 - Fostering retention in the counseling field
 - PESI Training
- Are you a provider that has attended a training and found it beneficial? [Let us know!](#)
- A Health Equity Subcommittee was formed to address community members living in more rural areas of St. Mary's County.
 - Barbara O'Neal expressed that many residents in Ridge are unaware of the resources available to them, and many have unreliable internet/cell service to access digital resources or flyers using QR codes.
 - Looking to identify target areas in the community and then campaigning directly to those communities to promote resources available. Proposed solutions are:
 - Team door-to-door canvassing to promote awareness of resources. We'll send a notice out asking for volunteers in advance of the door to door canvassing, so you can work it into your schedule.
 - Volunteer/conduct outreach at local target areas like in Clements at farm stand, Ridge shred days, Bingo, etc.

Partner Spotlight

- Ellie Barbour and Mickenzie Smiroldo shared information about Pathway's Employment Services. For more information, visit pathwaysinc.org/employment-services.

Partner Updates

- SMCHD is encouraging community members and partners to complete the new Social Wellness Assessment on the St. Mary's Health & Wellness Portal. Participants that complete BOTH steps of the Health and Wellness Portal registration process will be automatically entered to win a \$100 Weis grocery gift card! There will be three (3) drawings per week through December 31, 2023.
- November 4 is the Public Mural Painting Day at the Health Hub in Lexington Park from 12:00-4:00 PM! We hope you can attend! All painting skill levels welcome!
- Aniko attended the U.S. Oyster Festival at the St. Mary's County Fairgrounds on October 21. The festival had a huge turnout and she had great interactions with community members!
- Hope and Healing Psychotherapy, LLC is bringing back their Wellness Seminars, starting Friday, October 27 from 6-7:30 p.m. with their Hocus Focus themed aromatherapy workshop. Register here!
- SMCHD's language services team is currently seeking more resources to provide to their clients - if you have Spanish materials please share them with their team (or English materials if Spanish not available),

Partner Updates (cont.)

- Life Atlas Foundation (formerly Dream Queens) has several programs available, including a women's group, an adult leadership course, and Gal's Lead & Compass at local high schools in St. Mary's County. Find more info about the Third Annual Life Atlas Festival on November 11 from 12 - 5 PM [here](#).
- SMCHD's Recovery Friendly Workplace program [RecoveryWORKS](#) recently launched! Michelle is doing her first outreach for the program next week - if you know a business owner interested in participating, please connect them with [Michelle](#).
- SMCHD's [Prevention Team](#) will be at schools next week for [Red Ribbon Week](#)!
- There is a Medication Take-Back and document shredding event on Saturday, November 4 at the county governmental center!

Communications

- Submit event and news updates/information through
 - the website <http://healthystmarys.com/newsletter/>
 - or email stmaryspartnership@gmail.com
- Follow HSMP on Social Media
 - Facebook: [Healthy St. Mary's Partnership](#)
 - Twitter: [@HealthyStMarys](#)

Upcoming Meetings

- **Friday, November 17, 2023 from 10:00 - 11:00 a.m.**
- Interested in being in our Partner Spotlight? [Sign up here!](#)