


Behavioral Health Action Team Meeting

Friday, February 16, 2024

Agenda

1. Introductions
 2. Partner Spotlight
 3. Updates on Previous BHAT Projects
 4. Comprehensive Resource Guide and Training
 5. Community Outreach and Canvassing
 6. Partner Updates
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Introductions

[Click here](#) to view the meeting attendee list.



Partner Spotlight

- Greg Holtz of Pathways, Inc held a presentation on their Stronger Families Program.
- View the presentation slides [here](#)!

Updates on Previous BHAT Projects

- Mental Health Court
 - The final draft Mental Health Court Report is continuing to be worked on. The subcommittee is meeting March 13 to do a final review and discussion.
- Family Education Resources
 - Please share the landing page and one-pager!
 - A Spanish version of the landing page will be available soon! The subcommittee will review engagement in March.
- Client Letter for Providers
 - Our client letter has been shared with several partners to pilot. We will follow up with Serenity Place, SMCPS & Pathways next month to collect feedback.

Comprehensive Resource Guide and Training

- HSMP has created the following resources in the past that can be used to form a comprehensive resource guide:
 - Family Education Resources (2023)
 - Resources and Training Guide (2022)
 - Navigating Through Youth MH & Suicide Prevention Guide (2022)
- Other resource guides to consider:
 - Three Oaks' Community Resource Directory has a pocket-sized booklet with phone numbers to important resources
- The action team would like to provide trainings to the community on what is available locally. Examples include Mental Health First Aid, AFSP's It's Real, QPR, AIR.
- Training locations discussed include:
 - Through employee Wellness Initiatives at local retail stores
 - Providing information on local resources for EMS employees
- **New training available!** SMCHD is hosting a virtual PESI Training on Postpartum Depression & Related Disorders on March 4 from 8:00 AM - 4:00 PM.

Community Outreach and Canvassing

- Action team members expressed an interest in conducting community outreach to bring awareness to resources and increase education on behavioral health and stigma.
- The team is continuing to plan for upcoming community outreach days/events this spring and summer. Events include:
 - Navigating Youth Mental Health on base (March 12, 6-8PM)
 - Suicide Prevention event on base (March 19, late morning/afternoon)
 - ACEs Discussion Panel (March 27, 6-9PM)
 - Cherry Blossom Festival (April 6)
 - Volunteers?
 - Mental Health & Wellness Fair (May 18, 10-3PM)
 - Juneteenth (June 15, 12-6PM approx)
 - Minority Mental Health Awareness Month (July - TBD)
 - St. Mary's County Health Hub event
- SMCHD's Health Equity team is looking to canvas the north end of St. Mary's county on either April 12 or 13.
- **Action item:** Please complete this form to volunteer for any of the outreach or canvassing events mentioned above!

Partner Updates

- HSMP action team and SMCPS are planning for its Mental Health & Wellness Fair on May 18th from 10am-3pm at the Tech Center. It is intended for youth and their families. Planning is now underway and topics and speakers are being solidified. If you would like to register as a tabling vendor or speaker, [click here!](#)
 - Please pay attention to SMCPS' school board meetings on budget information.
- [Serenity Place](#) expressed that has been an interest in their support groups. They currently offer a Men's Parenting Support Group and New Year New Habits group. For appointments, email appointments@serenityplace.biz.
- NAMI SoMD announced the launch of its [Family Support Group](#)! The meetings are virtual and take place every third Saturday of the month. They are also seeking volunteers and people living with mental illness to participate in a support group - email [Angie Payne](#).
- Join Fleet and Family Support Center and community organizations for "[Navigating Youth Mental Health](#)," an event featuring a panel discussion and resources on how to support youth in times of crisis. It will be on March 12, from 6pm – 7:30pm at NAS Patuxent River (Building 401, 22187 Arnold Circle, Patuxent River, MD). This event is open to all with base access!
- In honor of Teen Dating Violence Awareness Month, Southern Maryland Center for Family Advocacy is hosting an [art contest](#) for teens ages 13-21 in Charles, Calvert & St. Mary's county.

Communications

The Healthy St. Mary's Partnership Newsletter is distributed every two weeks and highlights information on the four health priority areas for St. Mary's County. Sign up or share information with our members!



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Upcoming Meetings

- **Friday, March 15, 2024 from 10:00 - 11:00 a.m.**
- Interested in being in our Partner Spotlight? Sign up [here!](#)
 - March Partner Spotlight - NAMI Southern Maryland