

HEALTHY ST. MARY'S PARTNERSHIP (HSMP) Annual Meeting

**Kelsey Bush, J.D., Community Affairs Liaison at St.
Mary's College of Maryland, HSMP Co-Chair**

WHAT IS THE HEALTHY ST. MARY'S PARTNERSHIP?

- Coalition working toward local health improvement
- Community members and partner organizations
- Assess health needs
- Identify what's important
- Action & collaboration
- Evaluate efforts

WORK TOGETHER

ENGAGE THE COMMUNITY

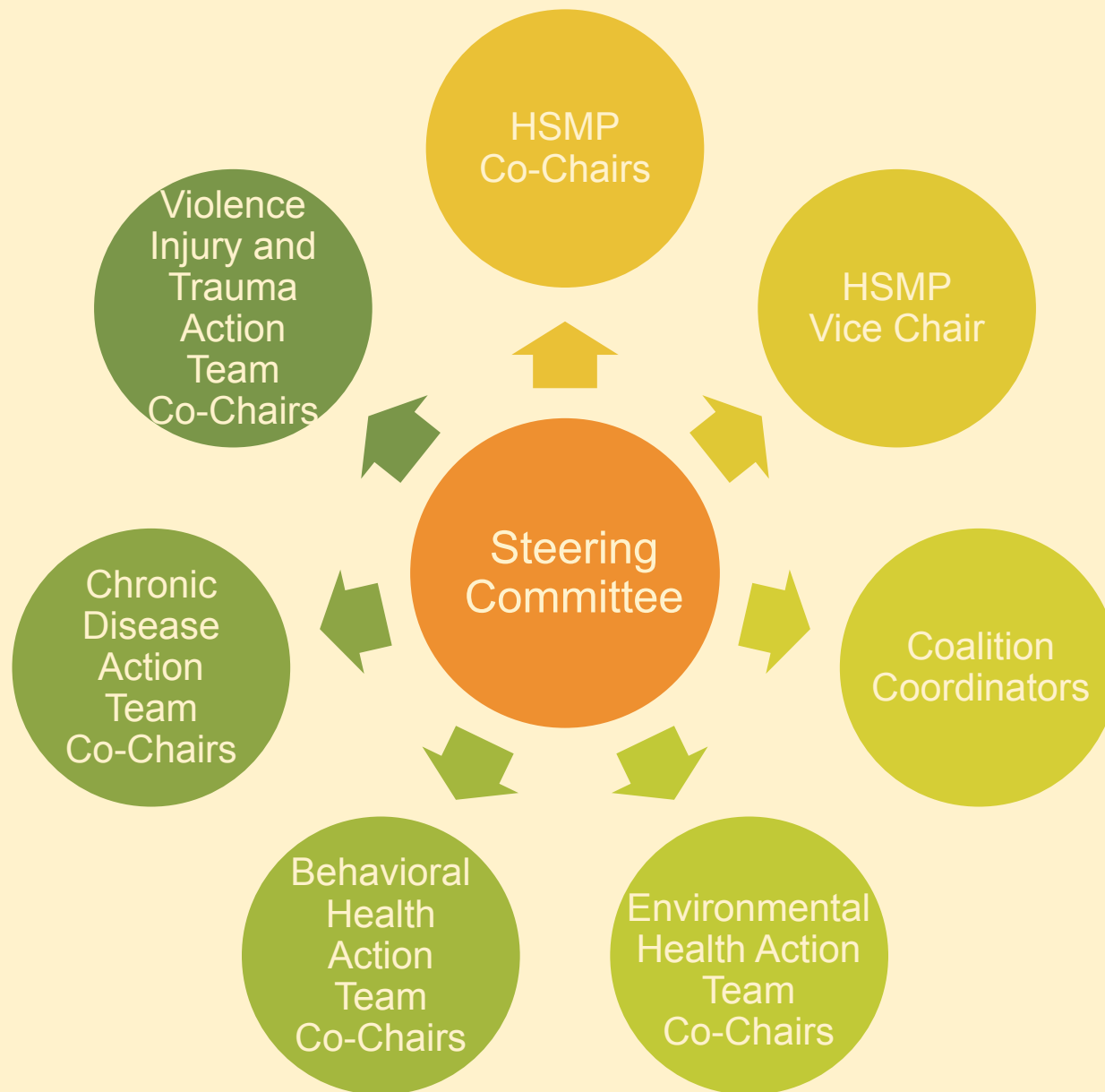
COMMUNICATE

SUSTAIN IMPROVEMENT RESULTS



Action Teams Work to Address Priority Health Needs

- Behavioral Health (Mental Health & Substance Use)
- Chronic Disease Prevention & Control
- Environmental Health (Natural & Built Environment)
- Violence, Injury, & Trauma



So...

What has HSMP been working on?

Behavioral Health Action Team (BHAT)

Co-Chairs: Chris Shea & Jessica Jolly

Updated Family Education Resource Guide Postcard &

FAMILY EDUCATION RESOURCE GUIDE



Resources

- AAP and AFSP's Suicide Prevention: Resource Guide for Parents & Caregivers
- Navigating Through Youth Mental Health & Suicide Prevention: A Tool for Parents and Guardians
- St. Mary's County Public Schools (SMCPS) Mental Health & Wellness Page
- SMCHD Walk-in Crisis Services

Help Lines & Treatment

- 9-8-8 Lifeline
- Behavioral Health "Warmline" (410)768-5522
- Community Providers Offering Counseling Services for Impacted Children, Youth & Families
- Crisis "TEXT" line 741741
- Locating Mental Health Resources: 2-1-1
- SMCHD Local Behavioral Health Authority (LBHA)

Programs & Training

- Gizmo's Pawesome Guide 4 Mental Health
- QPR (Question, Persuade, Refer) Suicide Prevention Training
- SOS Signs of Suicide

Support Groups

- Charlie Health Virtual Support Group
- Pathways Inc. Stronger Families Program
- PFLAG Southern Maryland
- The Promise Resource Center
- Youth Mental Health Project Virtual Support Groups

Media Campaigns

- Maryland Coalition of Families: Children's Mental Health Matters
- R U Ok?
- SMART Medicine
- Seize the Awkward

Youth Mentoring

- Cornerstone Montgomery Southern Maryland
- Divine By Design Mentoring
- Gals Lead
- Knowledge Boxing Center
- SMCHD Youth Mentoring Exchange Platform
- SMCHD Youth Mentoring Connection Program (Self-Referral)
- Stella's Girls

Educational Workshops

- American Foundation for Suicide Prevention's (AFSP) Talk Saves Lives: An Introduction to Suicide Prevention
- AFSP's "It's Real" Prevention
- Social Emotional Learning (SEL)

Military

- ASFP Veteran and Military Resources
- NAS PAX River Fleet & Family Support Center
- NAS PAX River Morale, Welfare, and Recreation (MWR)
- Public School Information for Military Families
- Veterans Resource Guide

Find more resources at healthystmarys.com

This flyer was created by Healthy St. Mary's Partnership's Behavioral Health Action Team to highlight behavioral health resources available to parents and caregivers of youth in St. Mary's County. Last updated 8/22/24

To access these resources, scan here:



- **New:** Military & Veteran resources, PFLAG SOMD, Maryland Coalition of Families (MCF), Cornerstone SOMD, Divine By Design Mentoring, and more!

Behavioral Health Action Team (BHAT)

- **Mental Health Court Report**
 - Gathered Local Data - Quantitative and Qualitative
 - Attended a mental health docket session in Calvert County
 - Recommendation: Mental Health Docket at the St. Mary's County District Court
- **Client No-Show Letter**



BHAT in the Community!

- **Coordinated free Naloxone training and education at NAACP meetings**
- **NAS PAX River Suicide Prevention & Mental Wellness Event**
- **Surf the Wellness Wave: Community Mental Health & Resource Fair**
 - In partnership with St. Mary's County Public Schools
- ***Coming Soon:* BHAT Community Wellness Scavenger Hunt & Interactive Vendor Map at Halloween in the Square**
 - October 26
 - In partnership with local NAACP 7025 Chapter, LBHA, and SMCHD Health Hub in Lexington Park

BHAT in the Community!



Chronic Disease Action Team (CDAT)

Co-Chairs : Brian Abell & Christine Delise

- **Community Cooking Classes with Shaniqua Cousins**
 - Hosted at Southern Maryland Kitchen & Bath
 - Sessions for target audiences include individuals with diabetes, community garden plot renters, and more!
 - Live and recorded!
 - Final session is tomorrow!
- **TOPS Collaboration**
 - 30 Annual Memberships
 - Next Meeting: October 2
- **Focus Group: SMCHD Maternal, Child, & Elder Health**

Community Cooking Classes with Shaniqua Cousins



Chronic Disease Action Team (CDAT)

- **More to Explore**

- Annual passport challenge that encourages community members to explore local parks and farmers markets
- Enter the secret code found at each site for a chance to win prizes
- Partnership between HSMP, St. Mary's County Recreation and Parks, and the St. Mary's County Libraries
 - Over 1,000 participants this year with 90 finishers!



Environmental Health Action Team (EHAT)

- **HSMP Walking Maps & Resources webpage**
- **Community Walking Groups**
 - In partnership with Peaktop Wellness and WARCycle
 - One Saturday each month at Leonardtown Wharf Waterfront Park
 - Weekly walks on Wednesdays at Lancaster Park
- **Coming Soon: Walk Maryland Day Free Community Walk**
 - October 2 at 6:00 pm
 - Lancaster Park



Environmental Health Action Team (EHAT)

● Food Security

- Healthy Food Drives
- SoMD Fridge Initiative
 - Partnership between HSMP, Lexington Manor Passive Park Community Garden, Three Oaks Homeless Shelter, and the Church of Jesus Christ of Latter Day Saints
 - Three Oaks Homeless Shelter has agreed to be the host site for the community fridge!
- Lexington Manor Passive Park Community Garden has produced over 100 lbs of food that was donated to Feed St. Mary's
- Increasing access to Lexington Manor Passive Park Community Garden by having signage and materials translated into Spanish

COMMUNITY GARDEN

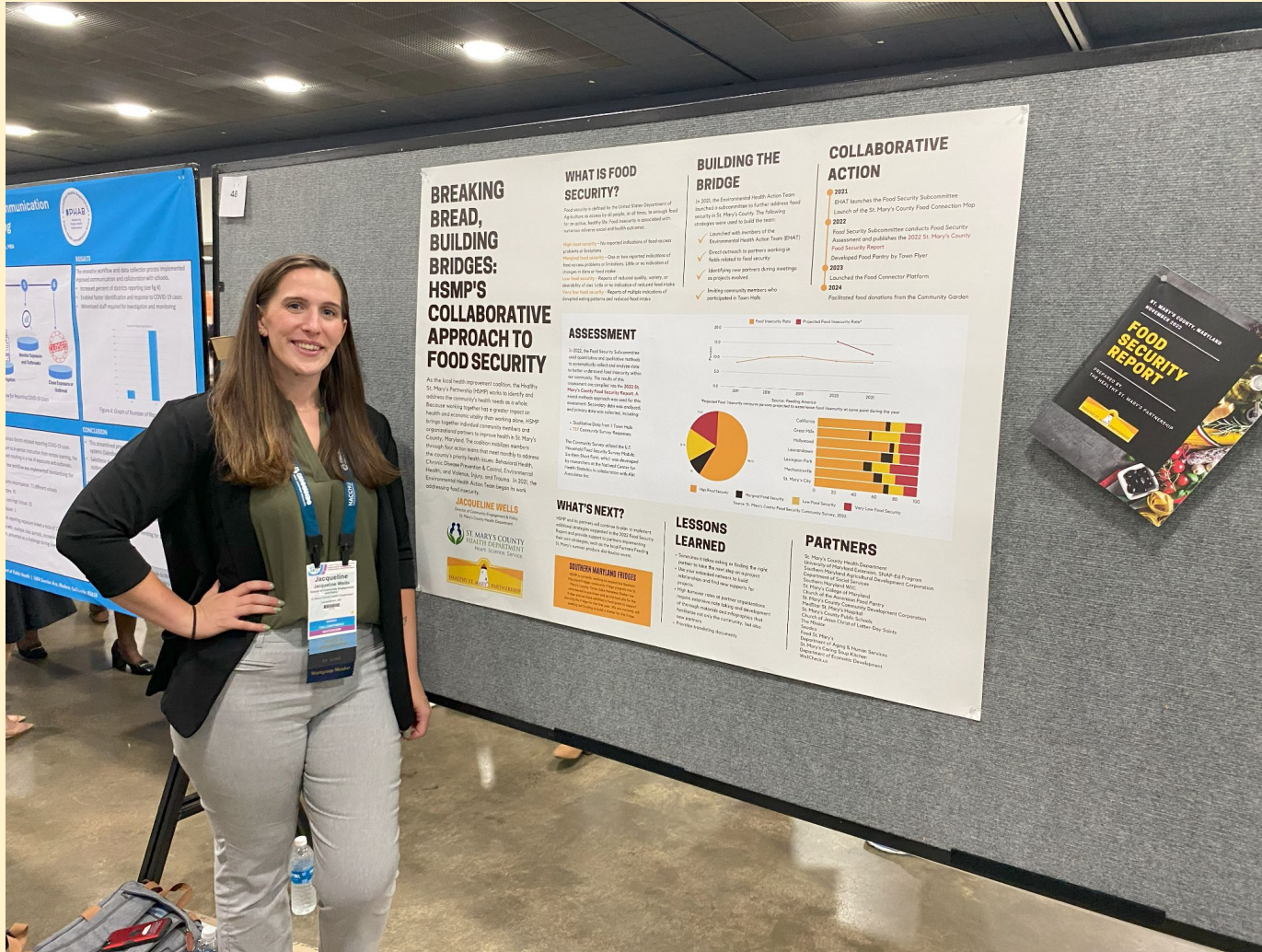


Period Equity Drive Photos from FB/Agency

Over 5,000 period products donated to the community!



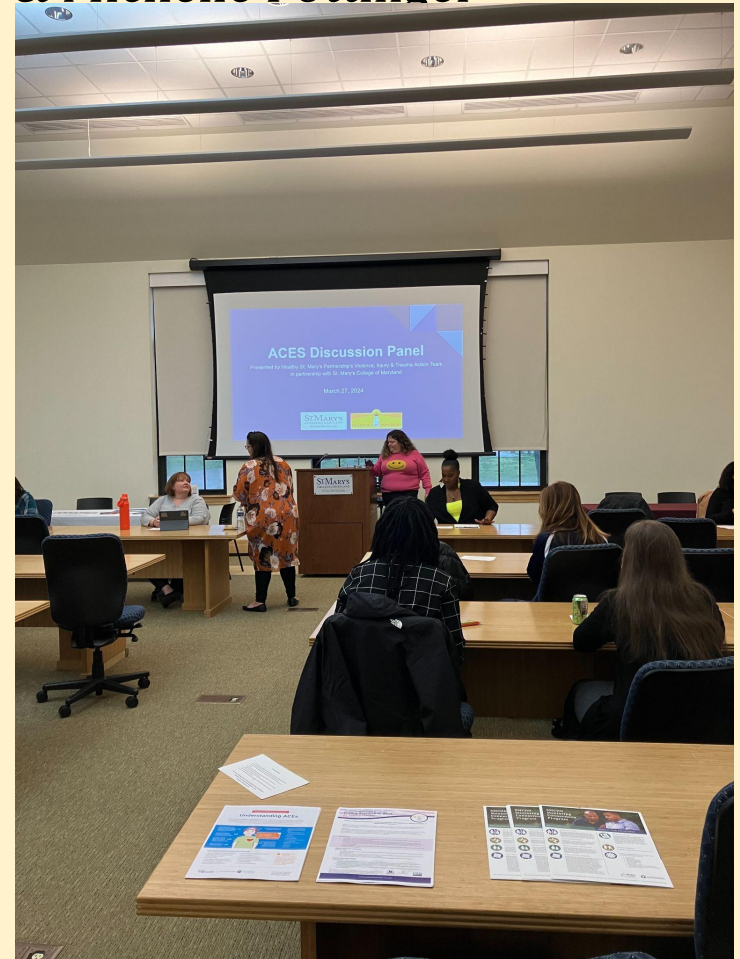
Food Security Poster at NACCHO360



Violence, Injury, and Trauma (VIT) Action Team

Co-Chairs: Taylor Spencer Davis & Michelle Pottinger

- **Adverse Childhood Experiences (ACEs) Discussion Panel**
 - Held at St. Mary's College of Maryland on March 27, 2024 in partnership with with SMCFA
- **Upcoming:**
 - 3rd Annual Why Don't They Just Leave event on October 13



Violence, Injury, and Trauma (VIT) Action Team

- **#SafeSummerSOMD Social Media Toolkit & website**
 - Released in June
 - [#SafeSummerSOMD](#)
- **Packing 200 bags for unhoused population and SA victims**
 - 154 pairs of socks collected through sock drive



HOW CAN I HELP?

- **Stay Connected**
 - E-Newsletter
 - healthystmarys.com
 - Social Media
- **Participate**
 - Team Meetings
 - Advocacy work
 - Recruitment and development
- **Implement**
 - Align organizational work with Healthy St. Mary's 2026
 - Collaborate on strategies for health improvement

General Information

- **Schedule**
- **Membership & Action Team Information**
- **Healthy Food Drive**
- **Evaluation Forms**
- **Bathrooms**