

# **Behavioral Health Action Team Meeting**

**Friday, February 21, 2025**

# Agenda

1. Introductions
2. Partner Spotlight
3. Partner Updates
4. 2025 Brainstorming Results
5. 2025 Goals
6. Meeting Close
  - Contact HSMP
  - Upcoming Meetings

# Introductions

- See the attendee list [here](#)
  
- Action Team Co-Chairs
  - Chris Shea - Program Manager of the Health Hub at SMCHD
  - Jodi Gardiner- Lead Family Peer Support Specialist at Maryland Coalition of Families

# Partner Spotlight

- Amanda Vu, representing the Horowitz Center for Health Literacy at the University of Maryland School of Public Health
  - Check out the Consumer Health Information Hub [here](#)
  - View their slides [here](#)
  - Contact
    - [healthliteracy@umd.edu](mailto:healthliteracy@umd.edu)
    - [avu1234@umd.edu](mailto:avu1234@umd.edu)
  - [Register](#) for the upcoming meetings on March 12 in College Park or March 26 in Cambridge! These are a great place to network and learn about health literacy



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# Partner Updates

- Providers should update their information in the **SMCHD** listserv to stay up to date on information: <https://smchd.org/important-notice/>
- **HSMP** has been asked to table at a few events this Spring. We need at least 1 person to volunteer to help table for us to attend any event. If you are interested please sign up [here](#)
- The **Health Hub** and **Spring Ridge SBHC** are having an open house on March 12, from 5:30 - 7 pm to tour the facilities
- **Fleet and Family Services** have released their March class list
- **Maryland Coalition of Families** will be hosting an educational binder workshop on March 6 from 5:15 - 7:45 pm at the Lexington Park Library. This event is open to any family with a child in school
- **Unstoppable You Ministries** will be hosting a suicide prevention summit, the tentative date is September 27 from 10-2. Vendors & stakeholders needed from a wide variety of organizations. Email [Jennifer](#) for more information.

## Partner Updates, Cont.

- **SMCPS** community mental health fair will be on May 10. This year there will be built in networking time and vendors are needed! Sign up sheet to come!
- **Serenity Place** has 2 ongoing groups. Call to register at 301-690-8008
  - Divorce support group on Thursdays at 6:30
  - Space to process the political climate group on Mondays at 6:30
- **Legal Resource Center**- Legislative session is underway. HB1377 concerns cannabis outdoor advertising and would make it legal to advertise in most places (currently banned). LRC is submitting a letter of information and is tracking it.
  - March 20, 1-2pm LRC is hosting a webinar on cannabis advertising in MD
- **Maryland Coalition of Families** is hosting an art therapy workshop for female caregivers to improve opportunities for self care on March 1, 10 am - 12 pm at Lexington Park Library.
- **SMCM** is hosting a wellness week from March 31- April 4. Email Kelsey for more information.
  - Check Up From the Neck Up event on March 31 from 11 am - 1:30 pm, this will be a tabling opportunity!

## Partner Updates, Cont.

- **SMCHD** is partnering with the **Department of Aging and Human Services** on April 26 for a medication take back and community shredding event. The **Harm Reduction Program** will be on site with syringe collection containers as well!
- **SMCHD** will host Dinner for Docs on March 6. This event will focus on providers. Please reach out to Jamie if you know if a doctor is interested. This event is hosted in Calvert county and hopes to improve cross county services.

# 2025 Brainstorming Results

## Goals or Projects

Workforce Development & Education

Education

Education for professionals

Increase providers in the area

More doctors

Resource list to primary care providers to provide to patients needing services

Participate/ Help with SMCPS MH Fair in May 2025

## Topic Areas

Parent Education on MH/BH

reducing stigma of mental health

Harm Reduction

Self-Care & Physical Wellness

Bringing more doctors to the county

Partnerships for caregiving needs, EMT and emergency services

Promoting/making more awareness for community resources that currently exist



# 2025 Goals

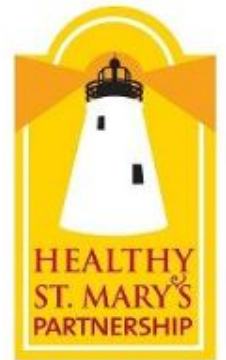
- Behavioral health education
  - How can we increase education to parents?
    - Family education resource to be updated
  - How can we decrease mental health stigma?
    - Focus on social media, creating a calendar for a broad range of topics (focus on our different populations)
  - How can we educate professionals?
    - CEUs (this is a financial commitment for speakers)
  - How can we support emergency services in our county?
- Increasing providers in our county
  - What projects can we do to support this goal?
    - Provider spotlight on social medias and upcoming events
- Harm reduction
  - What projects can we do to support this?
    - Community based participatory research (CBPR) to find out what would be helpful
    - SMCHD has harm reduction at the health hub (naloxone training, syringe distribution, etc.) they could present with partners or in the community! We can use our existing resources
    - You can drop off meds at sheriff's office, syringe boxes are in different places. We could focus on sharing where these services can be found, including at the medical level. Naloxone boxes are coming!
    - Where are the gaps that HSMP could fill? CBPR could help us find this

# 2025 Goals

- Increasing awareness of existing community resource
  - We can table at more events but we have to have volunteers from the partnership to help
  - Which resources should we focus on promoting? Health Hub?
- Self-care and physical wellness
  - How can we promote this? We plan to collaborate with CDAT for a specific project. Let's think of a target population
- What other ideas for projects do we have?
  - Access to resources for Spanish! SMCHD has an amazing language services unit that can help translate flyers and attend events, when they have the capacity

## Meeting Close

- Contact HSMP
- Upcoming Meetings/Elections



# CONTACT HSMP



Submit your social media, flyers, and events to HSMP



Subscribe to receive our newsletter and email blast



Like us on Facebook



Visit our website



Email HSMP



Watch us on Youtube



# Upcoming Meetings

- Interested in being our next partner spotlight? Sign up [here](#).
- Our next meeting will be March 21, 10 - 11 am .

