



Behavioral Health/Chronic Disease Crossover Subcommittee Meeting

Wednesday, April 2, 2025

Agenda

1. Introductions
2. Subcommittee Brainstorming
3. Meeting Close
 - Contact HSMP
 - Upcoming Meetings

Introductions

- See the attendee list [here](#)

Subcommittee Brainstorming

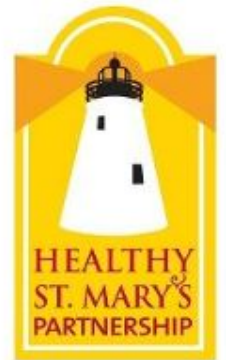
- **An event or project that combines mental and physical health**
- Walk with a counselor event
 - Focus on different demographics
 - College student/SMCM, veterans, kids
- Yoga event/Reiki
 - meditation/mindfulness while getting physical activity
 - Evidence-based tool, the Health Hub has a connection for Reiki
 - Could use Greenwell as a partner
- Healthy eating group - Inner Peace is currently running a teen group

Subcommittee Brainstorming

- What: Physical and mental health fair
 - Start the event with a walk with counselors, and then let people break out to try out other activities: reiki, dance party for families, yoga, hand massages, Pets on Wheels, soccer/basketball groups, cornhole, social/emotional learning, coloring table
 - We can push out info about a guided hike at Greenwell that will happen later in the year
 - Include a few vendor booths with info on mental/physical wellbeing (therapists, sports leagues, gyms, etc.)
- When: The end summer during the evening. Possibly during the week. 2 hour event
 - Do not conflict with NNO (1st Tuesday of August)
 - **Action Item:** please pick the best dates for you and your organization [here](#).
- Where: A park that is accessible to the community (Lancaster or Dorsey)
- Who: local behavioral health services and physical wellness
 - **Action Item:** Identify organizations who could help at this event (behavioral health professionals, community organizers, physical wellness leaders), sponsors and invite them to our meeting by sending them the calendar invite or by connecting them to [Lauren](#)
- Include: We need to offer water, and possibly other healthy snacks that we can tie back to CDAT

Meeting Close

- Contact HSMP
- Upcoming Meetings/Elections



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Upcoming Meetings

- We will meet meet on the last Wednesday of the month at 3:15 pm
- Our next meeting will be April 30 at 3:15 pm
- Our future meetings will be:
 - May 28
 - June 25
 - July 30