



Behavioral Health/Chronic Disease Crossover Subcommittee Meeting

Wednesday, April 30, 2025

Agenda

1. Introductions
2. Event Specifics
3. Other Considerations
4. 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 (we need sponsors!)

Event Specifics

When:

- Early August- will be hot so we should do an indoor event
 - If it's at the library- we could do a Saturday
 - If its at a church- we could do it on a weekday during the evening
- Possible dates (pending library availability)
 - If we avoid meal times we will not have to worry about food
 - We could consider Saturdays starting around 1 (closes at 5)
 - Library is open till 8 Monday- Thursday and close at 5 on Friday
- Possible Dates:
 - August 12 (Tuesday) at 2:30 pm
 - August 14 (Thursday) at 2:30 pm
 - August 15 (Friday) at 4 pm

Event Specifics

Where:

- Indoor area for vendors/ places to talk to counselors
- Churches?
 - Lexington Park United Methodist
 - Church of the Ascension- Temeria is a partner. We think they may be able to accommodate 30 people
- Library? Dependent on hours and times

Who:

- behavioral health specific vendors (stella's girls/youth mentoring/health hub)
- 10 or less
- Girls on the Run- could do a demo or mini class and provide info on SEL
- SBHC Counselors- 2 new counselors who work out of the SBHC
- Health hub has 3 social workers
- Reiki at the Health Hub- Theresa Tinsley
- Jennifer Voorhar could have a focus on a specific topic
- Shaniqua Cousins- local chef and lifestyle coach
- Local yoga studio- My happy yoga place
- PM Kids or Center for Children
- Screenings- vision (Lion's?), checklists for mental health (wellbeing- michelle pottinger to share checklist)
- QR code sheets with resources

Other Considerations

How

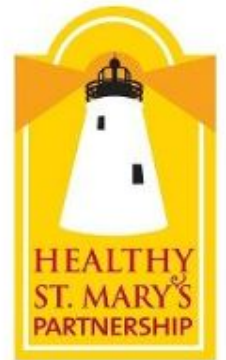
- We could do movement outside the venue (weather dependent) and then transition inside or have both sections inside
- Have a 'passport' that kiddos can get stamped and get a prize at the end

What

- Time for vendors inside, movement outside, ending with movie night inside that connects with adverse childhood experiences (ACEs)
 - This fits in with a VIT goal, to promote ACEs education in teens
 - Movie recommendations? Inside Out, Elemental, Encanto, Finding Nemo
- Supplies
 - What supplies need to be provided. Note: HSMP has no funding for this event
 - Water?
 - Snacks?
 - If we have it around dinner, people may expect a meal
 - Could we ask food trucks to be there
 - Do we need rights to screen a movie?
 - May not need rights since it is a free event
 - If we use PeachJar it will not be effective until school gets back in mid/late August (kids go back to school Aug 20). We could send out a save the date before school lets out and let teachers get the info to their students/parents
 - Robin Schrader from SMCPs may be able to help promote

Meeting Close

- Contact HSMP
- Upcoming Meetings/Elections



Upcoming Meetings

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