



# **Behavioral Health/Chronic Disease Crossover Subcommittee Meeting**

**Wednesday, May 28, 2025**

# Agenda

1. Event Specifics
2. Other Considerations
3. Meeting Close
  - Contact HSMP
  - Upcoming Meetings

# Event Specifics

- The Lexington Park Library is available on August 11 starting at 12 pm
- The library provides lunches to families within the school system who register. They will eat lunch from 12-1. This gives us a built in audience that targets families with school-aged children who may be food insecure or lower income
  - Vendors can be present during this time for participants to talk to
- Participants will go outside for a story walk, where they can read a book while they walk from 1 - 1:30
  - Counselors can be available for discussion and referrals during this time
  - We could request a specific book (behavioral health or chronic disease)
  - A book with interactive components?
  - May need an alternate activity in case of rain/extreme heat

# Event Specifics

- They will come back inside at 1:30 for a movie
  - Movies must have a viewing license to be shown at the library. The cost is \$215 for most movies
  - Funding is not secure for the movie- we may have to pivot
    - We could ask for sponsorships for the event to cover the cost
  - Any ideas for movies that do not have to be licensed or an alternate activity?
    - Mental health craft/ACEs games, spa music
    - Evolve: Kid yoga with craft
    - ABC yoga, Aarika may a contact
    - SMCHD has at least 2 yoga instructors we can ask
    - Stella's girls to facilitate an activity or vendor

# Event Specifics

Who:

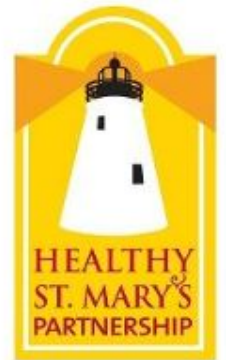
- Behavioral and physical health centric vendors (10 or less)
  - Girls on the Run- could do a demo or mini class and provide info on SEL
  - SBHC Counselors- 2 new counselors who work out of the SBHC
  - Health hub has 3 social workers
  - Reiki at the Health Hub- Theresa Tinsley
  - Local yoga studio
  - HSMP has some behavioral health resources that we can have at a table or give to another group to distribute
  - Youth mentoring connection information
  - Screenings
    - vision (Derek to ask the Lion's)
    - Body comps (adults only)
    - Blood pressure screenings for adults?
    - The outreach team offers connections to different services, like well checks
    - checklists for mental health (childrens, adults)
- QR code sheets with resources

# Other Considerations

- We could have a 'passport' that kiddos can get stamped and get a prize at the end
  - What would the prize be? Does anyone have funding for a prize?
  - HSMP has educational coloring books we can give away
- Rain activity/too hot alternative
  - Think of alternatives in case of rain
  - Yoga? Chair or standing only to avoid needing mats
  - Storytime- about physical activity. Let's ask the children's librarians for their suggestions

## Meeting Close

- Contact HSMP
- Upcoming Meetings/Elections



# Upcoming Meetings

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

# 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!)