



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


**Wednesday, June 25, 2025**

# Agenda

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

# Event Specifics

- Title: Mind & Motion
- 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 pm. 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




The poster features a yellow background with decorative wavy lines in the corners. At the top left, a stylized figure is shown walking within a grey circle, with a red wavy line above it. To the right, a woman with long red hair is depicted in a meditative pose, with a red flower and green leaves on her head. Below the walking figure, the text reads: 'Connect with behavioral health and physical health organizations, complete a story walk, and do a fun craft at this family-friendly event!'. At the bottom left is the logo for 'HEALTHY ST. MARY'S PARTNERSHIP', which includes a lighthouse icon. The event details are listed at the bottom right: 'AUGUST 11 12 PM' and 'Lexington Park Library 21677 FDR Blvd, Lexington Park, MD 20653'.

## MIND & MOTION

Connect with behavioral health and physical health organizations, complete a story walk, and do a fun craft at this family-friendly event!

**AUGUST 11  
12 PM**

Lexington Park Library  
21677 FDR Blvd, Lexington Park, MD 20653



# Event Specifics

- 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 requested a mental/physical health book for the story walk
  - May need an alternate activity in case of rain/extreme heat (they could go straight into the next activity)
- They will come back inside at 1:30 for an activity
  - Stella's girls to facilitate an activity based on SEL
  - How many extra hands do we need to help during this?
- Michelle may have door prizes for a few people
- HSMP has small giveaways we can hand out

# Event Specifics

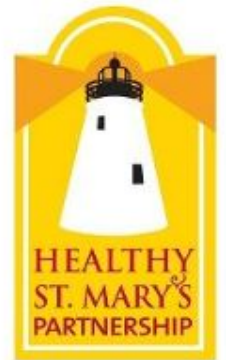
- Behavioral and physical health centric vendors (minimal space for vendors)
  - Girls on the Run (confirmed)
  - SBHC Counselors (Debra and Julie) (confirmed)
  - Reiki at the Health Hub- Theresa Tinsley (confirmed)
    - At the health hub table with 1 HH person
  - Youth mentoring connection information (Michelle will check, Sareka as backup)
  - FFS (Lauren to reach out)
  - Language Dept (Lauren to reach out)
  - Screenings
    - vision screenings from the Lion's (confirmed)
    - SMCHD Outreach team - Blood pressure (confirmed)
    - checklists for mental health (childrens, adults) (will hand out from table)
- QR code sheets with resources
  - HSMP physical activity and food connection maps
  - Health hub services- health and wellness portal
  - SBHC- referrals/info
  - Asthma program
  - ACEs aware website
  - Youth mentoring program platform
  - Pyramid cove- or behavioral health comprehensive document
  - ARC/MCF

# Other Considerations

- We can ask the library how many people they tend to get for that day of the week to get an estimate of supplies
- Please share our flyer!

## 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 last meeting will be on 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!)