

**What comes to mind when you think of the health of the county?**



**Shared Work to Improve Community Health: Workgroup Updates**

**Mental Wellness Workgroup**

Discussion	Guiding Coalition Action Items
<b>Goal 1: Sharing of mental wellness resources</b>	
New bi-weekly email to promote local events and resources	Sign-up to receive the email: <a href="https://www.aahealth.org/about-us/community-health-alerts">https://www.aahealth.org/about-us/community-health-alerts</a>
Promotion of resources on Social Media	Follow HAAC at: <a href="https://www.facebook.com/HealthyAAC/">https://www.facebook.com/HealthyAAC/</a>
Finalizing a Crisis Response (Warmline) one pager for Youth <ul style="list-style-type: none"> <li>Currently getting feedback from various youth through organizations</li> </ul>	Review the document ( <a href="#">here</a> ) and provide feedback to: <a href="mailto:hdgarr01@aacounty.org">hdgarr01@aacounty.org</a>
Mental Health Awareness Month (May) Planning to begin in January	Email Mindi Garrett with representatives to be part of the planning team: <a href="mailto:hdgarr01@aacounty.org">hdgarr01@aacounty.org</a>
<b>Goal 2: Sharing of mental wellness policies</b>	
Mental Health legislation - will be sending weekly updates during the 2024 Maryland General Assembly for select topics (starting small as we test out this process)	Sign-up to receive weekly emails here: <a href="https://www.aahealth.org/about-us/community-health-alerts">https://www.aahealth.org/about-us/community-health-alerts</a>
Promote county mental health resources through new employee orientation for large employers <ul style="list-style-type: none"> <li>Not yet started - materials to be developed</li> </ul>	If your organization does not currently share this information during staff orientation but is interested let Mindi Garrett know: <a href="mailto:hdgarr01@aacounty.org">hdgarr01@aacounty.org</a>
<b>Completed:</b> Cannabis legislation presentation for HAAC partners was provided by the Department of	If you'd like access to the cannabis presentations contact Mindi Garrett ( <a href="mailto:hdgarr01@aacounty.org">hdgarr01@aacounty.org</a> )

### ***Group Discussion:***

#### **What's happening in your organization around mental health?**

- Fire Dept: Internal: screenings, peer support, ITR training
- Fire Dept: External: CIT training, worker CRS, triaging problems in the community
- Supporting businesses that offer mental health services
- Partnership: Internal: encouraged to be mindful and take care of ourselves
- Bay Community Health: Wellness Wednesdays from 6:00-7:00 PM (for parents- it is interactive and live on social media with Q&A after recording has ended.)

#### **Are there opportunities for collaboration?**

- Yes- more resources needed for the community
- Rapid response for crises and near crises
- AACPS Ask: Involvement from the Guiding Coalition in developing the AACPS strategic plan as the aim is to have a mental wellness component
  - Survey: <http://www.aacps.org/strategicplansurvey>

#### **What gaps or barriers remain?**

- Need for more mental health evaluations for individuals
- Need support for trauma impact in communities and ongoing resources
- Transportation
- Ability to pay for needed care
- Easy, convenient room access

#### **What policies, systems, or environmental changes are needed?**

- More mental health resources at hospital- and more connected to ongoing help
- In-community resources
- Virtual resources
- Care/ resources for "2nd hand trauma"



**Action Item:** Please share your organization responses to the Group Discussion Questions with Mindi Garrett ([hdgarr01@aacounty.org](mailto:hdgarr01@aacounty.org)) to inform updates to our work plan

Discussion	Guiding Coalition Action Items
<b>Goal 1: Promote sharing of HEAL resources and events.</b>	
Find Help resource platform at <a href="https://HealthyAnneArundel.findhelp.com">HealthyAnneArundel.findhelp.com</a>	Add your organization's programs, services, and resources to the database using the Google form: <a href="https://forms.gle/MDQkZ4U1e8WBeS7J6">https://forms.gle/MDQkZ4U1e8WBeS7J6</a> Deadline is December 8, 2023
Healthy Anne Arundel Day, April 7, 2024	If your organization would like to assist with planning, contact Mindi Garrett ( <a href="mailto:hdgarr01@aacounty.org">hdgarr01@aacounty.org</a> )
Partner Presentations- will be shared during the HEAL bimonthly meeting, recorded, and featured on the HEAL web page.	Contact Mindi Garrett ( <a href="mailto:hdgarr01@aacounty.org">hdgarr01@aacounty.org</a> ) to share a presentation about your organization at a HEAL meeting and be featured on the HAAC website.
<b>Goal 2: Promote policies that support healthy living.</b>	
The Federal PHIT Act (Personal Health Investment Today) is a bill under consideration.	Distribute the printable flier (attached to this email) and share digitally through email and social media.
The Food Council <a href="#">Executive Order #60</a>	Attend the Food Council's <a href="#">public meetings</a> . Next: Dec 19 1pm-3pm
Disability Inclusion Project- planning for grant application	If your organization would like to have a representative with this group, contact Mindi Garrett ( <a href="mailto:hdgarr01@aacounty.org">hdgarr01@aacounty.org</a> )

**Group Discussion:**

**What's happening in your organization around healthy eating and active living?**

- We encourage healthy eating, but do not have the ability to provide resources for healthy (active) living
- Fitness screening, officer who does personal training
- Promoting farmers markets and businesses that sell locally grown produce, poultry, etc.

**Are there opportunities for collaboration?**

- Presentations to officers (employees) on healthy eating & active living

**What gaps or barriers remain?**

- Time for officers to devote to wellness
- Time is a major barrier

**What policies, systems, or environmental changes are needed?**

- Requirements for annual physicals and screenings
- Built in time for exercise



**Action Item:** Please share your organization responses to the Group Discussion Questions with Mindi Garrett ([hdgarr01@aacounty.org](mailto:hdgarr01@aacounty.org)) to inform updates to our work plan

**Attendees/ Guiding Coalition Members**

- Dr. Charlestine Fairley (Anne Arundel County Community Action Agency) Co-chair
- Dr. Tonii Gedin (Anne Arundel County Department of Health) Co-chair

- Adrienne Mickler (Anne Arundel County Mental Health Agency)
  - Ann Hoyt, Mental Wellness Co-chair
- Rhonda Pindell Charles (Alderwoman, Annapolis Ward 3)
- Amanda Fiedler (County Council, Board of Health)
- Chief Edward Jackson (Annapolis Police Department)
  - Amy Miguez, Community Outreach
- Jennifer Harrington (Luminis Health, Anne Arundel Medical Center)
- Kelly Koorey (University of Maryland, Baltimore Washington Medical Center)
- Jill Donaldson (MedStar Health)
- Juanita Tryon (Bay Community Health)
- Kevin Simmons (Annapolis Office of Emergency Management)
- Monique Jackson (Anne Arundel County Public Schools)
- Pastor Karen Johnson (Anne Arundel Connecting Together)
- Pamela Brown (The Partnership for Children, Youth and Families)
  - Mizetta Wilson, HEAL Co-chair
- Rachael Maconachy (Maryland Department of Human Resources)
  - Rosalind Hill, Program Manager
- Danny Bellamy (Total Healthcare)
- Pastor Jose Torres (Heritage Community Church)
- Jill Seamon (Anne Arundel Economic Development Corporation)
  - Christina Holliday, Chief of Staff
- Skip Auld (Anne Arundel County Public Libraries)
- Kevin Hachuza (Arundel Lodge)
- Patrick Mutch (Chase Brexton)
- Chief Trisha Wolford (Anne Arundel County Fire Dept)
- Chief Amal Awad (Anne Arundel County Police Department)

**DOH Staff**

Donna Perkins - Director, Office of Assessment and Planning  
 Mindi Garrett - Health Policy Analyst, Healthy Anne Arundel Coalition  
 Kristin Coleman - Health Policy Analyst, Office of Assessment and Planning  
 Ann Heiser Buzzelli - HEAL Co-Chair

**Guests**

Catherine Maybury - University of Maryland  
 Karla Clara Vega - University of Maryland Hub