**Mental Wellness Work Group Meeting**

**January 17, 2024**

| **Attendance**  Adrienne Mickler, Mental Health Agency  Danny Watkins, Luminis Health  Catherine Gray, Mental Health Agency  Diamond Cassidy, Mental Health Agency  Desi Thomas, Department of Health  Ryan Voegtlin, Anne Arundel County Public Schools  Eric Sullivan, Uneo Health  Emily Bishoff, Northern Lights Against Substance Misuse  Sandy O’Neill, Department of Health  Sarah Stein, Department of Aging and Disabilities  Temi Oshiyoye, Luminis Health  Ashley Cooper, community member  Kristy Alvarez, Office of the County Executive  Kevin Hazucha, Arundel Lodge  Anne Dierdorff Thomas, private business  Ann Hoyt, Mental Health Agency  Pastor Jose Torres, Heritage Community Church  Healthy Anne Arundel staff and support from Department of Health:  Mindi Garrett, Donna Perkins, Kristin Coleman |
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| **Local Behavioral Health Authority Planning**  The LBHA planning session was held virtually on January 10, 2024. Mental Wellness work group members were asked to attend, if possible. Adrienne Mickler gave an overview of the meeting, The meeting was viewed as the implementation launch of the 2-year plan, and it was noted that while the goals and strategies were under development some adjustments would be necessary to keep up with the changing needs of the community. Anne Arundel County has a great strength in its partnerships, and the Healthy Anne Arundel Coalition is instrumental in fostering partnerships, bringing the community closer together to move toward our goals.  **Workplan Updates**  Goal 1: Sharing Resources and events   | **Status** | **Objective** | **Notes** | | --- | --- | --- | | Ongoing | Bi-weekly email distribution list | Send event details to be included in the email distribution to Mindi at [hdgarr01@aacounty.org](mailto:hdgarr01@aacounty.org). | | In Progress | Mental Health Training List | Collecting information | | Complete | Crisis Warmline 1-pager | Display and distribute the flier to youth-serving organizations. | | In Progress | Mental Health Awareness Month | Send photos of mental health activities occurring throughout the year to Mindi at [hdgarr01@aacounty.org](mailto:hdgarr01@aacounty.org). They will be shared throughout May 2024. |   **Biweekly email distribution**  Information about upcoming events and “mental wellness wisdom” released in a biweekly digest. Subscribe by clicking [here.](https://www.aahealth.org/about-us/community-health-alerts)  Action Items   * Contact Mindi at [hdgarr01@aacounty.org](mailto:hdgarr01@aacounty.org) to have your events included. Be sure to include a flier or graphic, if available, and the point of contact information for the event.   **Mental Health Training**  It has come up recently that there are many different types of trainings available that are related to mental health. These training opportunities are not always well-published, so Healthy Anne Arundel is now collecting information on training opportunities. This information will be posted on the website and/ or described in the biweekly email, as appropriate.  Action Items   * Contact Mindi at [hdgarr01@aacounty.org](mailto:hdgarr01@aacounty.org) with training information.   **Crisis Warmline 1-pager**  The document is approved for distribution. The intended audience is middle and high school students. It is available in English and Spanish. AACPS has printed posters which are displayed in middle and high school hallways. Additional suggestions for distribution included   * Shrinking it to a rack card for pediatrician offices * Social media: post information with link to the printable flier and MHA’s Crisis Response page * Use the back of the rack card to be sure all information in included * Logo (can the LBHA gate logo be included? It is generally included on Crisis materials) * Have fliers/ rack cards in school health rooms * Budget for printing? MHA is looking into this * Small card, but with a QR to more information     **Mental Health Awareness Month**  We are asking HAAC partners to share their thoughts, photos, and videos on the weekly focus topics- and to share with your networks. Photo submissions are being collected **before May** in an effort to have a backlog of submissions to be released throughout the month. The weekly focus topics are as follows:   | **Campaign Dates** | **Weekly Focus** | **Key Message** | | --- | --- | --- | | Week 1  May 1-7 | Spreading acceptance and support | Small actions= big impact  What do people do to help you feel supported? | | Week 2  May 8-14 | Strategies for managing mental health | What does self-care look like to you? | | Week 3  May 15-21 | Promoting acceptance and compassion | Impact of language  What do people say that helps you feel accepted? | | Week 4  May 22-28 | Seek help | Celebrate small successes  Testimonials, highlight mental health professionals | | Week 5  May 29-31 | Hope and positivity | Resource sharing, highlight peer support  Share submissions from student contests |   Action Items   * The submission form is being created. For now, contact Mindi at [hdgarr01@aacounty.org](mailto:hdgarr01@aacounty.org) with your photo submissions. * Look for the promotional flier very soon for work group members to share with their networks and the community at large!   Goal 2: Promoting mental wellness policies   | **Status** | **Objective** | **Notes** | | --- | --- | --- | | Completed | Presentation for HAAC partners on the impact of cannabis legislation | Presentations are available upon request. | | In Progress | Share mental health legislation topics | Subscribe to receive email updates. |   **Mental Health Legislation**  The legislative session began on January 10. Kristin Coleman has been researching the selected topics of interest (access to care, youth mental health, and substance use) for the work group. Any relevant legislation is included in the weekly email which is sent on Friday afternoon.  Action Items   * Subscribe to legislative updates through [this link](http://eepurl.com/iv52iA).   **Updates, Asks, and Offers**  Update from Sara Schmidt: Governor Moore issued an executive order changing the Opioid Operational Command Center to the Maryland Office of Overdose Response. Opioid Intervention Teams are now Overdose Prevention Teams. This change in the specific wording from opioids to overdose allows the program to expand beyond just opioids. A harm reduction element has also been added. Meetings may soon be open to the public.  Suicide Prevention trainings and presentations, both for staff and for the community, can be requested by contacting Desi Thomas at [hdthom21@aacounty.org](mailto:hdthom21@aacounty.org). |