



Mental Wellness Work Group

November 8, 2023

Virtual, 9:00 am

Attendance

Ann Hoyt: Mental Health Agency, work group co-chair

Danny Watkins: Luminis, Anne Arundel Medical Center, work group co-chair

Jen Dawson: MD Physicians Care

Stephanie Trice, Diamond Cassidy, Catherine Gray, Adrienne Mickler: Mental Health Agency

Mackenzie Wheeler: UM Baltimore Washington Medical Center

Della Roderick, Dayana Gelin: August Rose Health Care

Eric Sullivan: Unoe Health

Courtney Jones: Bay Area Counseling

Kristy Alvarez: Office of the County Executive

Mizetta Wilson: Partnership for Children, Youth and Families

Jose Torres: Heritage Church

Sandy O'Neill, Eona Harrison, Corynna Limerick, Despina Thomas, Sara Schmidt:

Department of Health

Mindi Garrett, Donna Perkins, Kristin Coleman: Healthy Anne Arundel staff and support from Department of Health

Local Behavioral Health Authority

The Local Behavioral Health Authority (LBHA) planning meeting is scheduled for January 10, 2024. The LBHA is seeking community input on their strategic plan and request attendance from the Mental Wellness Work Group. Feedback from the group indicated a preference to move the work group meeting to January 17th to accommodate the LBHA meeting.

Sandy O'Neill will ensure that work group members receive an invitation to the in-person planning meeting at 3 Harry Truman Parkway, Annapolis, in the lower level conference room. Mindi will ensure that Sandy has a complete email list of work group members for the invitation.

Action Items

- Look for an invitation to the LBHA planning meeting
 - Attend the LBHA planning session on January 10, 8:30 - 10:30 am
 - Attend the Mental Wellness Work Group meeting on January 17, 9:00 - 10:00 am
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Work Plan Updates

Goal 1: Sharing of mental health resources

Status	Objective	Action
Ongoing ▾	Bi-weekly email distribution list	Send event details to Mindi hdgarr01@aacounty.org
In Progress ▾	Promoting resources on social media	Follow Healthy Anne Arundel on social media
Ongoing ▾	Crisis Warmline 1-pager	Distribution in progress
In Progress ▾	Mental Health Awareness Month	1st HAAC planning meeting in December.

- Bi-weekly email digest

There are currently 30+ subscribers. The email goes out every other week on Monday with event listings and links for the following 2 weeks.

Action Items

- Subscribe to the bi-weekly digest to receive information about mental wellness events and local resources using this [link](#).
- To submit a new event to be included, email Mindi at hdgarr01@aacounty.org with the details and a flier, if possible.

- Warmline 1-pager

The group discussed edits to the flier after being reviewed by students. We also talked about using plain language and used the checklist provided by the Horowitz Center for Health Literacy to make further suggestions for editing.

Action Items

- The Warmline flier will have a final review in the Department of Health's Office of Communications
- Use the [Plain Language Checklist](#) to ensure materials meet health literacy guidelines.

- Mental Health Awareness Month 2024

The Mental Health Agency's kick-off event is May 4, 2024. Location is still not confirmed. Themes are "Mental health throughout the lifespan" and "May the 4th be with you" (a J.E.D.I. theme: Justice, Equity, Diversity, Inclusion). MHA will share a "save the date" once the location is confirmed.

HAAC will run another month-long campaign. Eric Sullivan, Tre'al McCarden, Dayana Gelin, Stephanie Trice added to the planning committee.

Action Items

- Mindi will reach out to the planning group to set the first meeting.
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Goal 2: Sharing of mental health policies

Status	Objective	Action
Completed ▾	Cannabis Presentation	(Additional presentations available)
In Progress ▾	Share mental health topics in legislation	Subscribe to receive updated during the legislative season
Not Started ▾	Employee training (orientation) on county mental health resources	- Brainstorm what should be included in this - Identify employers (such a DOH) after materials have been developed

- Upcoming legislation- information sharing
DOH health policy analyst, Kristin Coleman, shared an overview of the legislative process, as well as a breakdown of the mental health- related topics that the Department of Health followed during the 2023 session. We then conducted a Google poll to find the three most important topics to follow through the upcoming legislative season. The top three topics are 1) youth mental health, 2) access to services, 3) substance use.

Action Items

- Mindi and Kristin will work on a template to share details about the chosen topics throughout the legislative session.
- Subscribe using [this link](#) to receive legislative updates during the season.

LBHA Planning: January 10, 2023

Next Work Group meeting: January 17, 2023, 9am - 10am, Zoom
