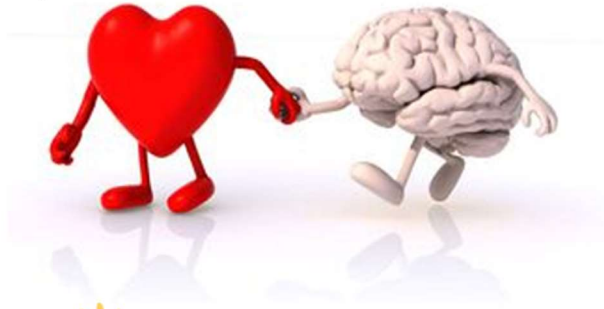


Mental Wellness Workgroup

July 12, 2023



Anne Arundel County
Department of Health



1

Agenda

9:00 – 9:05 am	Welcome and Agenda Review <ul style="list-style-type: none">• Introductions	
9:05 – 9:25 pm	Goal 1: Sharing of mental health resources <ul style="list-style-type: none">• Bi-weekly email digest• Social media promotions• Warmline 1-pager• Mental Health Awareness Month, May 2024	
9:25 – 9:45 pm	Goal 2: Sharing of mental health policies <ul style="list-style-type: none">• Cannabis presentation• Upcoming legislation • Recovery Month	
9:45 – 9:55 pm	What's Next? <ul style="list-style-type: none">• Updates, asks, and offers	

Goal 1: Promote sharing of mental wellness resources.

- Bi-weekly email digest
 - [Subscribe here](#)
- Social media promotions
 - Network of Care
- Warmline 1-pager
 - Resources for back of the page
- Mental Health Awareness Month 2024
 - What is in the works?

Anne Arundel County
CRS
Crisis Response System
410-768-5522

What happens when I call the Crisis Response Warmline?

Feeling like you or someone you care about needs help, or just need to talk to someone.....
Call the warmline 410-768-5522

A certified, trained counselor will always answer your call.
They will ask what you are in need of and provide resources to help.

Do I have to give my name?
Am I old enough to call?

Who will know that I called?
Will I get in trouble?

You will be asked for your name, but you do not have to give it.
Calls are confidential unless there is a safety concern. *
You will not get in trouble. Any age can call.**

What happens if I hang up?
Staff will attempt to call you back.

*If there is a concern for safety (suicide, homicide, abuse, or neglect) we will break confidentiality, as we are mandated reporters and will have to make a CPS/APS report.
**The age of consent for mental health services is 12. We do not need parent consent; however, our goal would be to get permission from the caller to involve an adult.

healthy
ANNE ARUNDEL
COALITION

Goal 2: Promote sharing of mental wellness policies.



- OIT: Cannabis presentation
 - Feedback from attendees
 - What do we want to learn more about?
- Upcoming legislation
 - What types of bills do we want to track?
 - Affecting clinicians, schools, youth, community, etc.

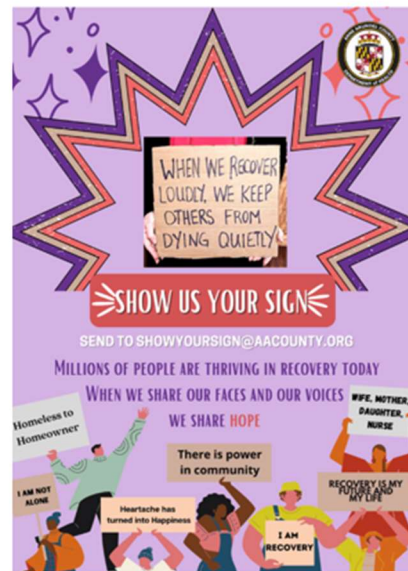
September is Recovery Month

- Recovery Month
- Suicide Awareness

#Hope is Real
#Recovery is real
#Recover Out-Loud

<https://www.aahealth.org/behavioral-health/show-us-your-sign>

<https://www.facebook.com/aahealth/videos/629175479198454/>



Next virtual meeting: 9am- 10am, November 8, 2023

On perspective:

"Sometimes, when things are falling apart, they may actually be falling into place."

-Unknown





Mental Wellness Work Group Meeting July 12, 2023 900am - 10:00am

Meeting Minutes

Staff support: Mindi Garrett, DOH; Donna Perkins, DOH

Attendance: Ann Hoyt, MHA; Sandy O'Neil, DOH; Catherine Gray, MHA; Donna Phillips, Luminis Health; Eric Sullivan, Prosper App; Adrienne Mickler, MHA; Darin Ford, DOH; Ashley Cooper, Community Member; Della Roderick, August Rose Health Care; Dayana Gelin, August Rose Health Care; Kia Holder, AACCAA; Dr. Ashworth; AACPS; Ryan Voegtlin, AACPS; Kristy Alvarez County Exec; Mizetta Wilson, Partnership

Planning Retreat Review: We ensured that everyone received the meeting notes and briefly discussed key topics from the in-person June retreat. Healthy Anne Arundel staff and MWWG co-chairs worked on developing a work plan for the group based upon priority issues and input from the Guiding Coalition co-chairs. Since the retreat date, Tameka Smith has left the County Executive's office leaving a co-chair vacancy.

Work plan goals and objectives: The Healthy Anne Arundel staff and co-chairs worked to organize the ideas brought up during the retreat and validate using the most current data to develop a work plan draft for review by the work group. Two basic goals were determined, each containing a set of SMART objectives. We asked for work group members (partners) to help with the responsibility of completing each objective. Discussions were focused around the specific action steps to be taken.

Goal1: Promote sharing of mental wellness resources.

Objective1: By Sept 2023, develop a bi-weekly communication and distribution list to feature upcoming mental wellness events.

Responsibility: HAAC- Mindi, All HAAC partners, DOH Comms

Discussion/ next steps: Partners notify Mindi of upcoming events. Partners complete a form to be added to an email distribution list to receive bi-weekly communication about local events.

Objective 2: By May 2024, develop 10 mental wellness social media posts featuring local resources (NOC, Be Well AA, Prosper App, Arundel Lodge Urgent Care, etc).

Responsibility: HAAC- Mindi Garrett; Network of Care- MHA, Ann Hoyt; Prosper- Eric Sullivan; BeWellAA- Sandy O'Neill

Discussion/ next steps: Work together to develop content for social media. Ensure posts are reviewed by the potential audiences. Share posts with the work group ("tag" partners or use a hashtag). Messages will be constructed based on the need- for example, aligning with awareness days.

Objective 3a: By Dec 2023, create a one page visual about what happens when warmline is called.

Responsibility: HAAC- Mindi Garrett; Crisis Response- Adrienne Mickler, Ann Hoyt

Discussion/ next steps: Work together to develop content for a visual/ printable one-pager. Ensure review with potential audiences (include youth, older populations).

Objective 3b: By March 2024, create a video about using the crisis warmline.

Responsibility: HAAC- Mindi Garrett; Crisis Response- Adrienne Mickler, Ann Hoyt; AACPS- Ryan Voegtlin (school YouTube channel), CE Office- Kristy Alvarez (Arundel TV)

Discussion/ next steps: Work together to develop content for a video/ PSA. Ensure review with potential audiences. This part of the initiative will be completed after the one page visual.

*Note to reach out to Sara Stein with Aging in regards to creating appropriate content for seniors.

Objective 4a: By April 2024, develop a campaign for Mental Health Awareness Month 2024.

Responsibility: HAAC- Mindi Garrett; MHA- Adrienne Mickler, Ann Hoyt; AACPS- Dr. Ashworth, Ryan Voegtlin; DOH- Darin Ford, Sara Schmidt; Lumini Health- Donna Phillips; CE Office- Kristy Alvarez

Discussion/ next steps: Set a planning schedule to meet regularly beginning in January to collaborate on campaign development. Promote the campaign.

Objective 4b: By Aug 2023, assist Behavioral Health with campaign development and promotion for Recovery Month and Suicide Awareness Day.

Responsibility: HAAC- Mindi Garrett; DOH- Sara Schmidt

Discussion/ next steps: Attend partner meetings to collaborate on mental health-related campaigns. Promote campaigns to the work group.

Goal 2: Promote sharing of mental wellness policies.

Objective 1: By Jan 2024, share a presentation for HAAC partners specific to cannabis legislation.

Responsibility: HAAC- Mindi Garrett;

Discussion/ next steps: Research existing presentations. Provide information about cannabis-related resources to the work group.

Objective 2: By Jan 2024, draft a process to share what is being discussed regarding mental health legislation with HAAC partners.

Responsibility: HAAC- Mindi Garrett, Donna Perkins; MHA- Catherine Gray

Discussion/ next steps: Research mental health topics in legislation. Describe the legislative process. Decide how to share information and with whom.

Objective 3: By Dec 2023, identify 3 local employers to train employees on county mental health services/ resources (i.e., Crisis Warmline).

Responsibility: HAAC- Mindi Garrett;

Discussion/ next steps: Contact local employers. Share Warmline materials. Ensure materials are added to employee orientation or required training. This will be addressed after the warmline one-pager is complete.