

Mental Health Work Group Meeting

September 13, 2023 | 9:00 – 10:00 am

Staff support: Mindi Garrett, Donna Perkins, DOH

Co-chair: Ann Hoyt, MHA

In attendance: Stephanie Trice, MHA; Sandy O'Neill, DOH-LBHA; Adrienne Mickler, MHA-LBHA; Caitlin Hall, DOH; Corynna Limerick, DOH; Courtesy Jones, Bay Area Counseling; Diamond Cassidy, MHA; Mizetta Wilson, Partnership; Darin Ford, DOH; Ryan Voegtlin, AACPS; Jen Dawson, MD Physician's Care; Mackenzie Wheeler, UM BWMC; Kevin Hazucha, Arundel Lodge; Sara Schmidt, DOH; Sara Stein, Aging and Disabilities; Eric Sullivan, Uneo Health (Prosper app); Kristy Alvarez, County Exec; Eona Harrison, DOH; Dayana Gelin, August Rose; Della Roderick, August Rose

Meeting Discussions:

The two primary goals for the work group's work plan are 1) Sharing mental health resources, and 2) Sharing mental health policies. We began the discussions by asking for feedback on the resource-sharing projects.

Bi-weekly communication of mental wellness events.

- Emails are sent every other Monday for the following 2 weeks. There were 20 subscribers at the time of the meeting. Work group members were encouraged to subscribe using [this link](#).
- Mindi screenshared the current email for feedback on content. One suggestion was to begin each email with a mental health statistic or a new/ relevant law. Stats could also be substance-related or other topics relevant to awareness campaigns being observed. For consistency, it would be less time-consuming to open each email with a mental wellness tip. Catherine Gray followed up by providing 2 years of tips from MHA's Wellness Corner. (Note to be sure all links in the email are active and accurate.)

Social media promotions featuring local resources.

- Prosper Health app was reshared through HAAC facebook via a prior post from the Department of Health. Network of Care post is in development/ being reviewed by MHA and then DOH.
- Future posts suggested for World mental Health Day on Oct 4 and Mental Health Week from Oct 1-7. Diamond Cassidy shared the fliers in English and Spanish for the World Mental Health events.
- Suggestion to create a HAAC LinkedIn account to better connect with businesses. Mindi will follow-up with DOH Comms on this.

Crisis Warmline information sheet.

- Mindi screenshared the visual for feedback from the group.
 - Changes recommended to make the warmline number stand out more. Graphics should be more representative of youth.
 - Brainstorming resources for the back of the page led to a discussion about whether additional resources are needed for this project. We are assuming the end users (youth) know what the warmline is.

- Decision to send the info sheet for review by youth groups. Mindi to make initial edits and send the 1-pager to Ryan and Darin for input by AACPS students and youth connections with Adolescent, Family Services connections.

Mental Health Awareness Month, May 2024.

- MHA will be holding their 2nd annual Community Family Fun Day on May 4th. "May the 4th be with you" theme. An intergenerational event, as opposed to holding separate events for kids, older adults. They are seeking participation from DOH in providing health screenings, etc.
- For the HAAC planning group, add Courtney Jones, Kevin Hazucha, and the new Suicide Prevention Coordinator (who starts tomorrow). Involve Community Health Ambassadors.
- Make youth involvement a priority topic for the planning meeting to be held in December.

Recovery Month and Suicide Awareness.

- Update from Sara Schmidt: Out of the Darkness Walk on Sept 17 at Navy Stadium, Annapolis. Recovery Walk Sept 17 at People's Park, Annapolis. OIT will be posting on social media Monday/ Wednesday/ Friday throughout the month. Please reshare the posts to spread awareness! The video for Recovery Month can be viewed [here](#).

**There was limited time left to discuss policy-sharing projects. Work group members were all invited to attend a presentation on cannabis which focused on the recent legislative changes that went into effect in Maryland, with additional information on medical use, adult use, recommendations for clinicians, and the impacts on physical and mental health. Several work group members attended. We will resume this conversation at the next meeting.

Policy-sharing.

- Cannabis presentation was shown by OIT on August 22. Although we ran out of time to discuss it, we are interested to know what subtopics stood out: Is there interest in a more focused presentation (clinical, legal, use, statistics, etc.)?
- Look for information on upcoming mental health legislation soon. We want to know what mental health topics to look for (what is of interest) once the legislative session begins.

Updates, asks, & offers

- Prior to the next meeting, we will send out agenda topics, drafts of current projects, and questions for the group. This way we can make better use of our limited meeting time.

**Next Meeting: November 8, 2023
9am - 10am, Zoom**