



"I think it's really important to take the stigma away from mental health... My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth."

~Kerry Washington



Mental Wellness Workgroup

July 13, 2022



Anne Arundel County
Department of Health

- 9:00 – 9:05 am Welcome + Outcomes (Kristin)**
- Welcome and Introductions
 - Connections Exercise – *If you had to delete all but three apps from your smartphone, which ones would you keep and why?*
 - Today's Discussion, New Participants + Housekeeping
- 9:05 – 9:15 am Spring Community Meeting Readout (Alexis)**
- Feedback + Brainstorming from mental wellness breakout groups
- 9:15 – 9:25 am Action Plan Updates and Revisions (Alexis)**
- Additional action items outside promotion of the Network of Care, based on [jamboard](#) from our previous workgroup meeting.
 - Is there anything missing? Does your respective org/agency currently support this work?
 - Overarching goals for the second half of 2022
- 9:25 – 9:40 am Behavioral Health Updates (Alexis)**
- 988 Suicide & Crisis Lifeline launch
 - The LBHA Connector- July edition
- 9:40 – 9:50 am What's Next (Kristin)**
- Call for MW workgroup co-chair
 - Updates, asks and offers
 - Upcoming meetings/dates- Fall Community Meeting: October 19

Welcome and Overview

Breakout Group Feedback: Youth Mental Health

Between 2015-2019, suicide attempt rates were **highest among the 10-17 years old population**. Suicide mortality rates are **highest in residents over 85**.

Suicide Mortality and Attempt Rate per 100,000 Population by Age, Anne Arundel County, 2015-2019



What's the story behind the data?

- Kids struggle to communicate and live up to expectations, experience bullying, and social media pressures
- Young adult rates may be high because it's a transition period
- It's interesting that the youth mortality rate is the lowest but the attempt rate is the highest - youth are crying out for help and need an intervention
- There is a lack of services for children
- Very few Hispanic therapists
- Would like to see LGBTQ+ and Hispanic/Latino data
- Youth feel disconnected/isolated and experience concern/worry/family stressors
- Homelessness
- Lack of nutrition, sleep, and free recreation
- Underdeveloped coping skills

What's currently working in the community?



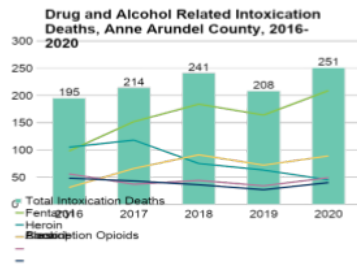
What needs to shift or change?

- Awareness + dialogue
- Access points (library)
- Police Dept. Crisis Response Teams
- Peer support for parents
- AACPS wellness council that addresses the whole child, including mental health
- Mental Health Task Force
- Mentorship

- More youth services and resources that they can access on their own
- Opportunities and experiences for youth to explore and determine their futures
- Safe outdoor spaces
- Education for parents on how to talk to their kids about mental health
- Equity between private and public insurance

Breakout Group Feedback: Adult Mental Health + Substance Use

- Despite a small decrease in 2019, deaths by drug and alcohol-related intoxication have increased, **totaling 251 deaths in 2020**. Fentanyl is currently the leading cause of drug-related deaths in the county.
- Suicide mortality rates are **highest in residents over 85**.

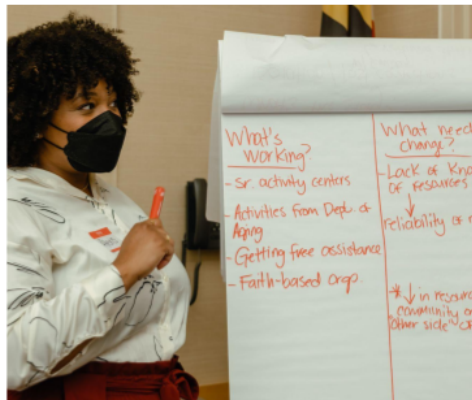


What's the story behind the data?

- Exhausted caregivers
- Population less open to mental wellness and seeking help
- Unable to adjust to change
- Chronic pain and fatigue
- Isolation/lost connections with family
- Loss of hope/feelings of burden
- Dealing with many losses/COVID-19

What's currently working in the community?

- Senior activity centers and communities
- Robust caregiver support
- Churches/FBO outreach
- Dept. of Aging activities + resources
- Free assistance for seniors
- Mobility buses
- Nonprofits and HHS care group



What needs to shift or change?

- Continuation of resources/services on the "other side" of COVID
- More activities for mixed ages-supporting expansion of "grand foster parents" programs
- Lack of knowledge of and connection to resources
- Community awareness

“Out of the Box” Ideas/Solutions



Language

- Change the media’s emphasis on violence
- Peer leaders-sharing their story about seeking help and how it has helped to destigmatize



Provider Support

- Universal mental health screenings
- Mental health coverage in private insurance
- Medicare covering substance abuse help

Public Awareness/Outreach



- Traveling mental health fair in various county schools
- Create and expand more “sober clubs”
- Increased NARCAN trainings
- Older adults working in school libraries
- Adult “playgrounds” and living spaces
- Tech training at libraries
- Revamp AACo transportation network

Behavioral Health Updates



Beginning July 16, 2022, 988 will be the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline.

You can call, text or chat 988 to be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network.

Thank you!

- **Confirming Action Items**
- **Asks, Offers, Updates**

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 <https://www.facebook.com/HealthyAAC>

**Next Workgroup Meeting:
September 14, 2022**



Mental Health Work Group Meeting

July 13, 2022 | 9:00 – 10:00 am

Join Zoom Meeting

<https://aacounty.zoom.us/j/89423039315?pwd=WUITeC9iV3o2WDBpRjBjN1E4V01DQT09>

Meeting ID: 894 2303 9315

Passcode: 4vmTAD&v

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